



National Institutes of Health
Office of Management

Tips for a Safe Halloween

National Institutes of Health
Office of Research Services
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Office of Research Services
National Institutes of Health
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

NIH HALLOWEEN SAFETY

**Halloween is just around the corner and
the ghosts and goblins will soon be amongst us.**

**How can our NIH families stay safe
and have fun during this
spooky time of year?**



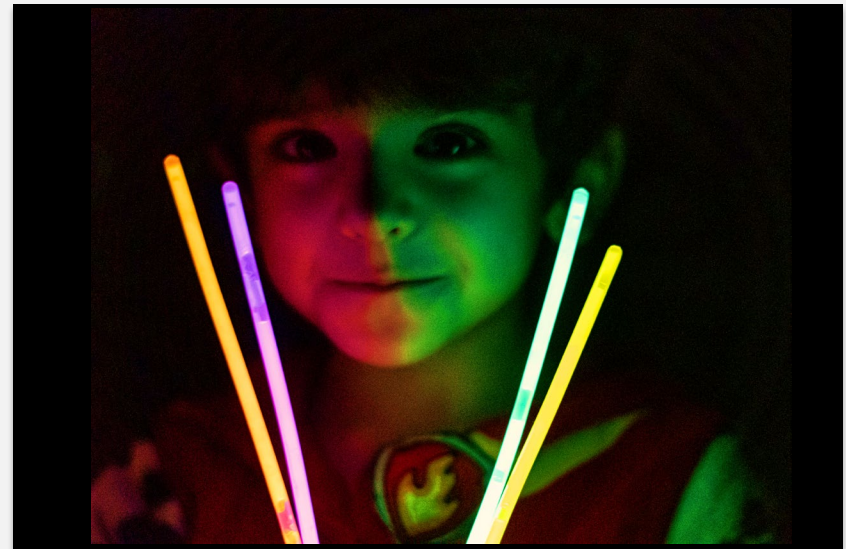
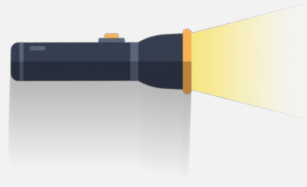


NIH Halloween Safety Tips for 2022:

- 1. Pedestrian Safety**
- 2. Pedestrian and Motorist Safety Tips**
- 3. Safe Halloween Treats**
- 4. Pet Safety for Halloween**

Costume Safety Tips

- Trick or treaters should be seen using something reflective or using a flashlight. Make sure kids can be seen and can see.
- Reflective tape should be available at hardware stores.
- If you are out and about after dark, use reflective tape on the costume or bags, or use glow sticks.



Costume Safety Tips continued...

- Consider using makeup, instead of a mask that covers the eyes, to allow kids to see clearly.



Costume Safety Tips continued...

- Use non-toxic Halloween makeup instead of a mask.



- Remember to remove makeup before children or teens goes to bed, so the skin and/or eyes do not become irritated.



<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/autumn-safety/halloween?>

Costume Safety Tips continued...



- All costumes, wigs, etc. should be fire-resistant.
- Don't wear floppy hats or wigs that may slip over the eyes.

- Costume should be well fitting to prevent interference with walking and make sure you wear comfortable, non-skid shoes that fit.

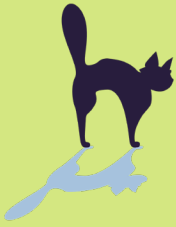
<https://www.fairfaxcounty.gov/news/index.php/guide-to-halloween-2021>



- Any costume accessories (swords and/or knives) should be made of flexible material to prevent injury.



<https://www.cpsc.gov/Newsroom/News-Releases/2012/CPSC-Provides-Three-Steps-to-a-Safe-Halloween-Celebration>



Children should know the stop, drop, and roll technique in case of clothing igniting.

<https://www.montgomerycountymd.gov/mcfrs-info/tips/citizens/halloween.html>

PEDESTRIAN SAFETY

Costume Safety Tips continued...

- Pets may not recognize kids in costume and may become very scared/frightened.
<https://mpdc.dc.gov/page/Halloween-safety-tips>



Motorists and pedestrians should work together to prevent injuries and deaths on Halloween.

- Always know where your children plan to trick or treat. If older children are going out Halloween night; it is recommended that parents plan and review a route that is acceptable.



- It is recommended that all the ghosts and goblins trick or treat in a group and stay in a safe neighborhoods that parents are familiar with.



Bright lights, familiar homes



Dark- no lights, creepy, run down

PEDESTRIAN AND MOTORIST SAFETY

- Remember to remind your children to only stop at houses that are well lit and never enter a stranger's home or car. In order to be safe, stay on the sidewalk if one is available.



PEDESTRIAN AND MOTORIST SAFETY

- Responsible adults should accompany their werewolves, vampires and other scary child critters on their trick or treating route.



PEDESTRIAN AND MOTORIST SAFETY

- Everyone should remember to put phones down and keep your head up especially when you walk across the street. Only use the phone in case of an emergency.



PEDESTRIAN AND MOTORIST SAFETY



- Cross the street at corners and/or crosswalks and never cross in-between cars.
- Drivers should enter and exit alleys, parking spaces, and driveways with care.
- Drivers should slow down and be alert in residential neighborhoods where children are trick or treating and may be wearing dark costumes.

PEDESTRIAN AND MOTORIST SAFETY



NEVER DRINK & DRIVE

For more information, please go to:

- **Metropolitan Police Dept. Halloween Safety Tips:**
<https://mpdc.dc.gov/page/Halloween-safety-tips>
- **National Safety Council:** <https://www.nsc.org/community-safety/safety-topics/seasonal-safety/autumn-safety/halloween?>
- **Montgomery County Dept. of Transportation:**
<https://www.montgomerycountymd.gov/DOT-PedSafety/HUPD/>

SAFE HALLOWEEN TREATS

It is fun going out to collect candy and treats. To stay safe and healthy on Halloween:

- Please do not snack on treats in goody bags while trick or treating.
- Do not accept anything that is not commercially wrapped.
- If your child has a food allergy, please check the label before allowing them to eat any of the candy.



<https://www.foodsafety.gov/blog/halloween-treats-better-safe-scary>

<https://www.fda.gov/consumers/consumer-updates/halloween-safety-tips-costumes-candy-and-colored-contact-lenses>

SAFE HALLOWEEN TREATS

- **Remind your children - Do not eat any of your treats until you are at home and an adult has checked your goody bag to make sure the candy is safe to eat.**



PET SAFETY ON HALLOWEEN

We don't often think of pets during Halloween, but they need to be safe and comfortable also. Please see the following suggestions that may help your pet enjoy Halloween with you:

- Have a safe and secure spot when kids are trick or treating. Some pets are not good with the noise (such as doorbells, kids shouting, and unfamiliar groups of people).
- Chocolate candy is poisonous to pets, so keep Halloween candy away from them.
- Some trick or treaters may not like dogs, so keep your pet on a leash or behind a gate and away from the door.



PET SAFETY ON HALLOWEEN

- Make sure your pet is tagged in case he or she escapes.
- If you dress your pet for Halloween, please make sure the costume fits properly and does not present a choke hazard.
- Make sure there are no dangling wires that can be pulled or lit-candles that can be knocked over by a curious pet.

For further information, please go to:

American Veterinary Medical Association, Halloween Pet Safety:

<https://www.avma.org/resources-tools/pet-owners/petcare/halloween-pet-safety>

The Humane Society of the United States, Halloween Safety Tips for Pets:

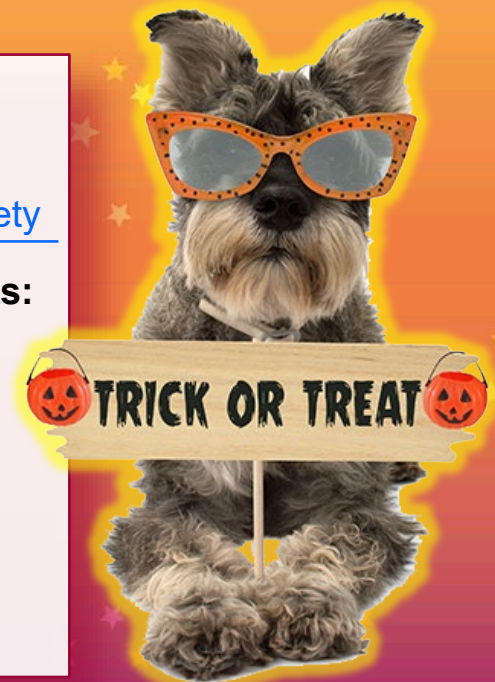
<https://www.humanesociety.org/resources/halloween-safety-tips-pets>

ASPCA Poison Control Center (888) 426-4435

<https://www.fairfaxcounty.gov/news/index.php/guide-to-halloween-2021>

<https://www.asPCA.org/pet-care/general-pet-care/halloween-safety-tips>

<https://www.humanesociety.org/resources/halloween-safety-tips-pets>



Have a Safe and Happy Halloween!

