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**FOR IMMEDIATE RELEASE**

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### **HALLOWEEN SAFETY TIPS**

Halloween is just around the corner and trick or treating has become a tradition that children have loved for generations. If you have children venturing out into the most adventurous evening of the year, you can help to keep them safe and free from injury by following the easy tips listed below, taken from Safety Tips from Halloween Online.

- Children should go out during daylight hours only unless accompanied by a responsible adult.
- Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves.
- Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten track. Stay in well lighted areas.
- Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult.
- Small children should never be allowed to go out alone on Halloween. Make sure an older sibling or adult is with them.
- Instruct your children not to eat any treats until they bring them home to be examined by you.
- Instruct your child to never go into the home of a stranger or get into their car.
- Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- Let them know that they should stay together as a group if going out to Trick or Treat.
- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire.

Following these common sense tips will help make Halloween a fun, safe, and memorable holiday for you and your children.

If you have any topics that you would like to see discussed in this column please call Maryanne at (603) 747-9189 or email [maldrich@cottagehospital.org](mailto:maldrich@cottagehospital.org). Cottage Hospital is a 25-bed, Critical Access Hospital, serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org) or call (603)747-9000.

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