



Safety Tips for Halloween

The Livingston Health and Police Departments would like to offer our parents safety tips for Halloween. This holiday is a magical time filled with lots of fun for both the young and young at heart. So let's have fun and be safe! Here are some safety rules for all ages:

- An adult should always accompany younger children when they go trick or treating.
- Go to homes of people you know.
- Teach children not to eat any food, drinks or treats until an adult checks them.
- Do not eat anything from an open package.
- Please look at all candies to make sure a smaller child will not have a problem with choking.
- Always carry a flashlight with fresh batteries, if out after dark.
- Select costumes that are brightly- colored or apply reflective strips or glow-in- the dark patches.
- Make sure the costume your child is wearing enables him to see and hear perfectly.
- Use non-toxic make-up to paint faces and body parts.
- Also make sure the costume fits; it's easy for children to trip on costumes that are too long or shoes that are that too big.
- Older children, if not accompanied by an adult, should go out in groups. Never trick or treat by yourself. Instruct your children to stay together and not wander off from the group. Trick-or-treat in your neighborhood, going only to homes that you know. Have a route planned out and tell your parents or guardian of it. If you have a cell phone, bring it along.
- Plan to have a snack ready for your children before they go out trick-or-treating so they don't get hungry and eat treats that have not been inspected by an adult.
- Reinforce with all children general safety rules. Stress to the "trick or treaters" to look both ways before crossing the streets, using the crosswalks and obeying all traffic signals and rules.
- If there are no sidewalks, walk facing the traffic, wearing reflective clothing so drivers can see you!

We wish all our residents a happy and safe Halloween. For any questions or information, call the Nursing Department at (973) 535-7961.