



## HALLOWEEN SAFETY TIPS

SDPD Neighborhood Policing Resource Team

Halloween is a special time to interact with our neighborhoods. Protect yourself and loved ones by following these safety tips.

- Have your children wear light- or bright-colored clothing so they can easily be seen at night. Add reflective tape to any dark costumes.
- Make sure their costumes fit well. Oversized costumes and footwear can cause them to trip and fall.
- Make sure hats can't slide over their eyes, and if they wear masks, that they fit securely and have eye holes that are large enough for full vision.
- If they wear face make-up, apply only nontoxic and hypoallergenic paint or cosmetics.
- Don't let them wear costumes with excessive fabric. Loose clothing can brush up against a jack-o-lantern or other open flame and cause costumes to catch on fire.
- If driving, make sure your children's costumes allow them to fasten their seat belts.
- If they carry props such as swords or knives, have them carry flexible ones. Inflexible ones can cause serious injury if they fall on them.
- Younger children should be accompanied by an adult. Keep them within reach. Attach a tag with their name, address, and phone number to their clothes in case they get separated. It is better if they trick-or-treat during daylight.
- Don't let children enter a residence of someone you don't know.
- Older children should trick-or-treat with friends. It is more fun and safer. They should carry cell phones and flashlights, have a curfew, only visit homes with porch lights on, remain within view from the street, tell you where they are going, and only go to familiar, nearby neighborhoods.
- Remind your children to stay on sidewalks and otherwise walk facing traffic. Don't cross streets in the middle of a block. Only cross at intersections and look both ways before crossing. Walk with the signal if there is one.
- Tell your children not to eat any treats they collect, but to bring them home for you to examine before they eat them. Look for holes, punctures, or other tampering, etc. Throw away any treats that are homemade, unwrapped, or not properly sealed. Also throw away any fruit that was given to your child.
- Look for candies that are infused with marijuana. Some treats that look like regular chocolate bars, brownies, or jelly candies may contain Tetrahydrocannabinol (THC), the active ingredient in marijuana. It can make your child sick. If your child starts acting strange or feels ill after eating candy, take him or her to the nearest emergency room.
- If any candy looks suspicious and might contain marijuana or some other poison, call the SDPD on its non-emergency number **(619) 531-2000** or **(858) 484-3154**. An officer will come collect the candy and ask where your child might have gotten it.
- If your child has food allergies, read all labels giving them any treats to eat.

- Feed your children a snack or light meal before trick-or-treating so they won't get hungry and sample some treats they collect.
- If you want to use decorative contact lenses, first get an eye exam from a licensed eye doctor and then a valid prescription that includes the brand name, lens measurements and an expiration date. Don't buy them from Halloween or novelty shops, salons, beauty supply stores, or online sites that don't require a prescription. Those who buy counterfeit lenses that are manufactured and sold illegally can experience infections, corneal ulcers, and even blindness.