



SEASONAL HEALTH ALERT

Halloween Safety Tips

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Contact WAPC at mryuk@wapc.org with questions

Halloween is right around the corner! As the COVID-19 pandemic continues in our state, the Washington Poison Center offers alternative ideas to celebrate, as well as safety tips to ensure you and your little ghosts, goblins, super heroes, and princesses stay healthy and safe.

Alternatives to Trick-or-Treating

- Trick-or-treat inside your home by hiding candy for your kids to find.
- Have a spooky movie night with Halloween-themed treats.
- Have a virtual pumpkin carving and/or costume contest with other families.
- Decorate your yard and house with Halloween-themed items.
- See more ideas from the CDC (<https://bit.ly/3cJweue>) and Public Health—Seattle & King County (<https://bit.ly/349q9DC>).

Safety with Trick-or-Treating

- Door-to-door trick-or-treating can be risky as it brings people into close contact:
 - If you plan to give out treats, explore ways to do so while staying 6 feet apart, like sliding candy down a wrapping paper tube into trick-or-treat bags, or having individual goodie bags prepared and set out along your driveway.
 - Wear a protective mask (a cloth face covering or disposable mask that covers your mouth and nose) if you are giving out candy or going trick-or-treating.
- **Use hand sanitizer** after each interaction (giving OR receiving candy). Only adults should dispense hand sanitizer—do not let children apply hand sanitizer to themselves. Use a dime sized amount and ensure hands are rubbed together until dry.
- **Do not use disinfectants or cleaning products on candy.** Instead, set aside candy that comes from outside your household for 24 hours before allowing children to handle it. Consider purchasing a small amount of candy for your children to enjoy while they wait.
- **Inspect all candy before eating** for signs of tampering or compromised packaging. This includes tears, broken seals, pinholes, or discoloration.
- **Double check for products that look like candy, but are not.** If you see a package that has the “**NOT FOR KIDS**” symbol, it contains cannabis (also known as marijuana) and is not safe for kids to eat or drink.

Additional Halloween Safety Tips

- **Glow sticks are safe for wearing, not chewing on.** The liquid in glow sticks is generally not toxic, but can cause irritation if swallowed or splashed into the eyes. NEVER put glow sticks in the microwave.
- **Consume wisely.** Alcohol does not mix well with anything, especially cannabis or prescription drugs. When consumed together, these substances can lead to severe health and safety issues.



The Washington Poison Center is always here to help, 24/7/365.
Call 1(800) 222-1222 for free, confidential, and expert poison information.

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