



Peter Pumpkin's Way To Have A "Hair-Raising" Halloween for ...

Go trick-or-treating with a grown up, older brother or sister, or a big group.

Have parents look at goodies before you eat any of them.

Only visit people you know.

Show respect for other people's property.

Take your mask off when you cross the street.

Stay on well-lit streets.

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Go trick or treating when it's light outside.

Obey traffic safety rules-cross the street at corners and look both ways.

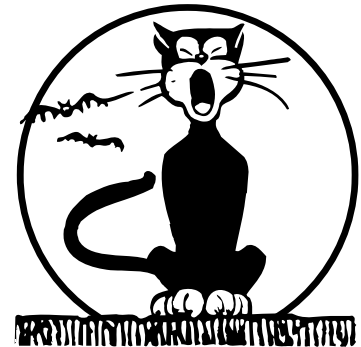
Bring a flashlight with you.

Let your family know where you're going.

If there is no sidewalk, walk facing traffic.

Never take unwrapped treats.

Select a costume that lets you see and hear well.



COUNTY OF BERGEN

KATHLEEN A. DONOVAN, *County Executive*

BOARD OF CHOSEN FREEHOLDERS



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“Healthy” Halloween - Tips for Parents

Before Trick or Treating:

- Review with your child where he/she will trick or treat
- Give older children a set time to return home
- Review traffic safety rules with circular
- Accompany children under eight years old
- Ask children not to eat goodies before you inspect them
- Make sure child has a flashlight



Costumes Should Be:

- Short enough to avoid falls
- Easy to walk in
- Be bright and easy to see - reflectors work well
- Be easy for your child to see and hear- out of face paints works well in place of masks

Your Home:

- Remove obstacles from your yard, porch, or sidewalk to prevent falls
- Turn on outside lights so that trick or treaters can find their way to the door



After Trick or Treating:

- Inspect all food your child brings home
- Wash and slice fruit
- Discard open candy

