

FOR YOUR HEALTH

HealthReach Community Health Centers
A nonprofit 501.c.3 organization.

Health Tips for healthy living.

October, 2008 – Extra

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Halloween Safety

Every parent's nightmare on Halloween? Tainted candy. And every year scores of hospitals offer to X-ray Halloween goodies to protect kids from the possible tampering of malicious strangers. But a far more common Halloween X-ray finding is likely to be broken bones.

The biggest threat to children's well-being during the prime trick-or-treating hours of 4 p.m. to 10 p.m. comes from something kids encounter every day -- cars. On average, four children are struck and killed by cars every Halloween in the United States, according to a study by the Centers for Disease Control and Prevention (CDC). This is four times the fatality rate reported on any other night of the year. And because this number does not include accidents in driveways, parking lots and on sidewalks, the actual number could be higher, according to the CDC.

Safe Tips for Halloween Fun

Taking your children to a Halloween party is a great way to avoid both traffic and "stranger danger" issues. However, if your kids are going to make the neighborhood rounds, follow these suggestions to help them stay safe.

Costumes

- Choose bright colors or attach reflective tape
- Eliminate ropes, cords or fabrics that can choke
- Avoid sharp objects
- Make sure masks allow for good vision

Trick or Treating

- Younger kids go with adults, 4:1 ratio preferred
- Stay together
- No running
- Stay in familiar neighborhoods
- Cross at corners, with adults
- Carry a flashlight

Candy

- Inspect candy for tampering, allergy and choking threats
- Limit consumption to avoid sickness

For more information go to:

http://newsinhealth.nih.gov/2005/October2005/docs/01features_02.htm#feature02

<http://www3.niaid.nih.gov/topics/Flu/default.htm>

<http://www.cdc.gov/flu/>

HealthReach Community Health Centers



12 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health Center – Strong
Strong Area Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls