



Greater Omaha Chapter



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## **Halloween Brings Choking and Pedestrian Risks**

Halloween night is meant to be a frightening experience, but only in the fun sense. A few simple steps can help parents keep the fun in trick-or-treating.

“There’s always a good time to be had on Halloween, but that doesn’t come without some safety concerns,” Health Director Dr. Adi Pour said. “Choking on candy and car-pedestrian accidents are the biggest concerns.”

Kay Farrell, President and CEO of the National Safety Council Greater Omaha Chapter said the need to look out for children can’t be overemphasized.

“Now more than ever is an excellent time to appeal to drivers to watch out for children on the streets,” Farrell said. “Unfortunately, during this time of year, kids tend to dart into traffic and are often hard to see as their costumes may be dark.”

Farrell added that parents can make avoiding yard hazards a fun activity for the kids, by having a hazard hunt in their yards. The hazard hunt will help eliminate the risk of tripping and falling during all of the excitement of Halloween.

The Douglas County Health Department and the National Safety Council, Greater Omaha Chapter offers some Halloween safety advice:

- Parents should make sure masks fit properly so children can see.
- Costumes should be soft and fit well to allow children easy movement.
- Add reflective tape to bags and give children flashlights to drivers can see them.
- Children should never enter homes to get treats.
- Homeowners should keep porches and walkways clear of candles.

Halloween can be an opportunity to promote healthy eating habits.

“Instead of offering candy, consider offering snacks like raisins and trail mix or safe, non-food treats,” Dr. Pour said.

Adults also can use trick-or-treat time to get their daily dose of exercise. For adults that means 30 minutes of moderate exercise, while children should get 60 minutes of moderate physical activity at most.

And remember, all candy should be inspected before the children start eating their treats. “The rule is, when in doubt, throw it out!” Dr. Pour said.

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