**Halloween Safety**

Mental Health America of Porter County realizes that Halloween is right around the corner! That means that it is time for costumes, candy, and decorations. With all of the fun that accompanies this holiday, MHAPC would like to remind you that there are many things to be aware of during the night filled with tricks and treats. This fun night can have many dangers, and the following are some precautions that you can take, as recommend by the Center for Disease Control and Prevention:

* **Stick together:** Trick-or-treat in groups or with a trusted adult. It’s always better to travel in larger groups.
* **Choking hazards:** Check all treats for choking hazards and signs of tampering before eating them. Avoid homemade treats.
* **Light the way:** Use a flashlight as you walk around at night to see where you are going, and so that you can keep track of others and they can keep track of you.
* **Avoid the roads:** Walk on sidewalks whenever it is possible. However, if you must walk in the road, walk on the side that faces oncoming traffic.
* **Protect your skin:** Test all make-up on a small portion of skin before applying it elsewhere. Remove it after use to prevent from skin irritation.
* **Protect your eyes:** Refrain from wearing decorative eye lenses, which can cause arm to your eyes. Furthermore, wear masks that fit your head and face well to avoid eye injury.
* **Familiarity is key:** Only approach well-lit homes and ones that appear to safe. Do not accept rides from strangers.

If you are expecting trick-or-treaters, there are many things you can do to help ensure their safety too:

* **Healthier options:** Provide healthier options for trick-or-treaters by avoiding sugary candy and choosing lower calorie treats.
* **Clear walk-ways:** Make sure that walk ways and stairs that lead to your house are free from obstacles and are well-lit to avoid trips or falls.
* **Prevent fire:** Keep jack-o-lanterns and luminaries out of the way of others, and make sure that they are on sturdy platforms and out of the reach of children and pets.

There is a lot of fun and entertainment to be had on this evening of treats, but this spooky night can have many dangers that can ruin the experience for everyone. Be sure to have fun, but also to stay safe and make the evening a memorable one.