

Halloween Safety

LANCASTER (Lancaster Co.) — Halloween is a time for children to dress up and pretend. A time for creativity and imagination. Unfortunately, Halloween and its trappings significantly increase their risk of injury to children. However, there are several things you can do to prevent your child from being injured without taking the fun and fantasy out of the holiday.

"Halloween can be a great opportunity for parents and children to spend time together creating colorful and imaginative costumes," said Dr. Price, of Lancaster County SAFE KIDS. "But, as parents we need to keep safety in mind when designing or selecting these costumes. For instance, your child may look adorable dressed in your old clothes but if the outfit is too long, your child may trip, fall and be seriously injured. Keeping an eye out for these hazards can help protect your child."

Most Halloween injuries involve environmental hazards such as steps, uneven pavements and other obstacles that may cause falls in the dark. Flammable and cumbersome costumes, wigs and masks are also dangerous. Motorists whose vision may be obstructed or who are unable to see children in dark costumes at night pose a particular threat to young trick-or-treaters.

That is why the Lancaster County SAFE KIDS Coalition offers the following tips to help keep your children and your Halloween injury-free.

FALLS

Each year more than 150 children under age 5 are fatally injured in falls. The fact that chil-

dren wear costumes and walk in the dark in unfamiliar neighborhoods increases the risk of a fall on Halloween. There are a few precautions you can take to reduce that risk.

- Apply face paint or cosmetics directly to the face. It is safer than loose-fitting masks that can obstruct a child's vision. If a mask is worn, be certain the mask fits securely. Cut the eye holes large enough for full vision.

- Give trick-or-treaters flashlights.

- Make costumes short enough to avoid tripping over them.

- Secure hats so they will not slip over children's eyes.

- Dress children in shoes that fit. Mom's heels or dad's work boots are not safe for trick-or-treaters.

- Allow children to carry only flexible knives, swords or other props. Anything they carry could hurt them if they fall.

- Teach children not to cut across yards. Lawn ornaments and clotheslines are invisible in the dark. Tell your children to stay on the sidewalks.

Pedestrian injuries are a leading killer of children age 14 and under. Costumed kids walking through dimly-lit streets are extremely difficult for drivers to see. You can help make your kids more visible by doing the following:

- Decorate costumes with reflective tape.

- Decorate bags and sacks with reflective tape.

- Use Halloween costumes that are light or bright enough to make them more visible at dusk.

It is specially important to

remind children to practice traffic safety.

- Remind children to stop at all corners.

- Tell them to look left—right—left before crossing.

- Tell them to never dart out from between parked cars.

- Never let children under age eight go trick-or-treating without an adult or older sibling.

Motorists driving on Halloween, including parents and baby sitters who are chauffeuring kids around the neighborhood, need to take precautions. They should:

- Slow down in residential neighborhoods.

- Obey all traffic signs and signals.

- Watch for children walking in the street or on medians and curbs.

- Enter and exit driveways and alleyways carefully.

- Clean your headlights and make sure they work.

- Teach children to exit and enter the car on the curb side, away from traffic.

BURNS

Burns and fires are the second leading cause of preventable injury deaths to children. By taking a few precautions, you may reduce your child's risk.

- Look for "flame resistant" labels on costumes, masks, beards and wigs.

- Use fire resistant material for all homemade costumes.

- Avoid costumes made out of flimsy material and outfits with big, baggy sleeves or billowing skirts. These are more likely than tighter fitting costumes to come in

contact with an exposed flame such as a candle.

The Lancaster County SAFE KIDS Coalition recommends adults do the following to help make Halloween a safer holiday:

- Accompany young children on their trick-or-treat rounds.

- Attach the name, address and phone number (including area code) of children under 12 to their clothes, but not in an easily visible place.

- Teach your child his or her phone number. Make sure your child has change for a phone call in case they have a problem away from home.

- Instruct children to travel only in familiar areas and along a pre-established route.

- Set a time for children to return home.

- Restrict their trick-or-treat visits to homes with porch or outside lights illuminated.

- Remove breakable items or obstacles such as tools, ladders and children's toys from your steps, lawn and porch. Keep candle lit jack-o-lanterns away from

landings or doorsteps where costumes might brush against the flame.

- Tell children to bring their treats home before eating them. Parents should check treats to ensure that items have not been tampered with and are safely sealed. Be careful with fruit—cut it open before allowing a child to eat it.

Halloween is a time for fun. You can protect your child by taking these important precautions and help take the fright out of fright night.

For more information contact the Lancaster SAFE KIDS Coalition at (717) 569-6481, which is part of the National SAFE KIDS Campaign, a long-term effort to prevent unintentional injury—the number one killer of children. The Campaign composed of State and Local Coalitions is 43 states and the District of Columbia. More than 90 national organizations are also part of the Campaign. Mrs. George Bush is honorary chairman and former Surgeon General C. Everett Koop, M.D., is chairman of the campaign.

Indian Food Sampling

HERSHEY (Dauphin Co.) — Native Americans who lived in the wooded area of Eastern North America obtained their food from hunting and gathering supplemented with the produce from small garden plots. Early European explorers were amazed by the quality, variety and flavor of the foods they were served by their Native American hosts.

On Monday November 21, at 1:30 p.m., Dr. Helen Ross Russell will conduct a Hershey Museum

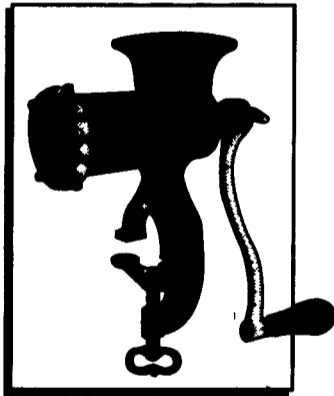
workshop which begins with a slide presentation about the foods and preparation methods used by Eastern Woodland Indians. She then leads participants through the process of actually preparing, cooking, and tasting select dishes.

Following the program, participants are encouraged to visit the Eastern Woodland Indian Gallery where objects relating to food preparation are on exhibit.

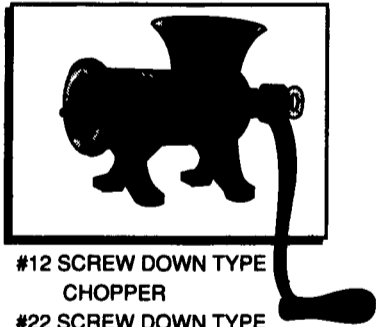
The program is free with museum admission. For more information call (717) 534-3439.

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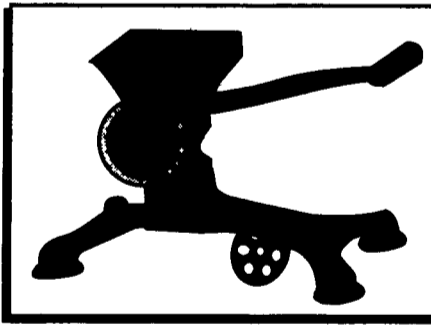
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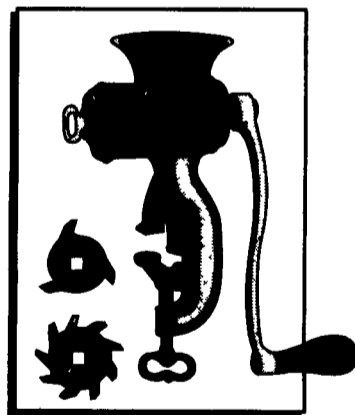
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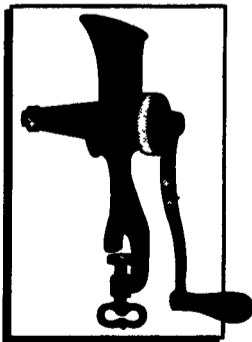
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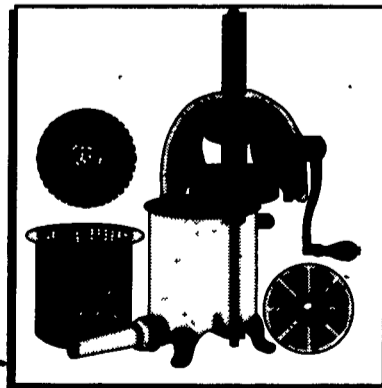
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* Plates available in 3/16" (standard), 1/8", 1/4", 3/8", 1/2", 3/4" and 1".

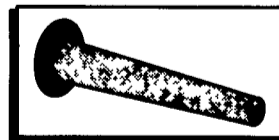
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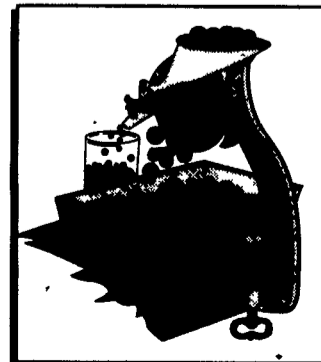
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