



Public Service Announcement

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Provincial Health Services Authority

BC Children's takes the spooky out of Halloween with trick-or-treat safety tips

Vancouver – Halloween is just around the corner and the experts at BC Children's Hospital are offering some tips to keep the parties and trick-or-treating safe.

With a little planning, parents and caregivers can help prevent Halloween-related injuries:

Be seen:

Costume shopping – Help kids pick out costumes that fit properly, keep them warm and are bright. You want your children to be comfortable and visible to other trick-or-treaters and drivers on Halloween night.

Be safe:

Supervised trick-or-treating – Make sure your children have a responsible adult to accompany them on their trick-or-treating adventure. Skip houses that don't have lights on and don't approach unfamiliar animals.

Be creative:

Pumpkin art – Encourage young children to decorate or draw on their Halloween pumpkins. Young children shouldn't use knives or sharp tools. Use a flashlight or other battery light instead of candles.

Be cautious:

Candy checks – Children get excited about their candy hauls; keep them happy hauls by checking their treats before they eat them. If your child brings home fruit, make sure to wash and cut before eating. Avoid choking hazards for children under five by removing treats like hard candy, popcorn, and nuts.

Be vigilant:

Halloween driving – watch for children at crosswalks and for trick-or-treaters darting into the road.

Quotes:

Dr. Ash Singhal, pediatric neurosurgeon and Director of Pediatric Trauma Program at BC Children's Hospital, with a special message for drivers:

“If you’re driving a vehicle – slow down – particularly when it gets dark, because it can be more difficult to see kids stepping from crosswalks or darting across a street.”

Lisa Widas, RN, BSN, Manager Trauma Program

“Your child may feel they’re too old to have an adult hang around while they trick-or-treat. Be there anyway, because Halloween is a special night and although it can be a lot of fun, it’s dark and can be chaotic. Having a responsible adult around helps keep children safe.”

BC Children’s Hospital is part of the Provincial Health Services Authority (PHSA), a specialist in prevention. PHSA is committed to sharing expertise and knowledge to promote health and prevent illness and injury, manage chronic conditions, and lessen the burden of disease in high risk populations.

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