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## Public Service Announcement

For immediate release  
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Provincial Health Services Authority

### **Halloween tips and tricks for BC's princesses and zombies**

**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:

#### **Stay seen:**

Help kids choose costumes that fit properly, keep them warm and are bright, reflective and flame-resistant. You want your children to be comfortable and visible to other trick-or-treaters and drivers on Halloween night. If your child's costume is dark, make sure to carry a flashlight with new batteries, and put reflective tape on candy bags. Halloween drivers - watch for children at crosswalks and for trick-or-treaters darting into the road.

#### **Stay safe:**

Have a responsible adult accompany your children on their trick-or-treating adventure. Don't go to dark houses, and do not approach unfamiliar animals.

#### **Stay creative:**

Encourage young children to decorate with stickers on their Halloween pumpkins or draw on them and have an adult do the carving. Young children shouldn't use knives or sharp tools. Instead of lighting jack-o-lanterns with candles, try using a flashlight or battery powered light.

#### **Stay cautious:**

Keep candy hauls sweet and safe by checking all treats before letting your children eat them. Wash and cut fruit, and remove smaller treats like hard candy, popcorn and nuts from young children to avoid choking.

#### **Stay aware:**

Know who your older kids are with and how they're celebrating Halloween. Enforce a curfew, and make sure they have a fully-charged cell phone and a planned route or ride home.

#### **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, Manager Trauma Program, BC Children’s Hospital**

“Halloween is an exciting evening, but it’s dark and can become chaotic. Practice every day road safety – look left, right, then left again, cross at corners, and make eye contact with drivers.”

**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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