



Contact: Olga Connor
Rosa Oses-Prealoni
(786) 336-1276
olga.connor@flhealth.gov
rosa.oses@flhealth.gov

FOR IMMEDIATE RELEASE

HAVE A HEALTHY AND SAFE HALLOWEEN!

(Miami, October 31, 2013) -- Halloween is an exciting, fun time for children of all ages to dress up in costumes and enjoy parties and trick-or-treating. As you and your family enjoy the celebration this Halloween, the Florida Department of Health in Miami-Dade County offers these tips for a healthier and safer Halloween.

Going trick-or-treating?

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult
- Remember that supervision is key. Children under the age of 12 should not be alone at night without an adult
- Examine all treats for choking hazards and tempering before eating them. Limit the amount of treats you eat
- Only walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers

Say “boo” to the flu

The flu season is here and the single best way to prevent it is to get vaccinated each year. Everyone 6 months and older should get a flu vaccine each year. Also, good health habits can help stop the spread of germs and prevent respiratory illnesses like the flu.

- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth with a tissue when coughing or sneezing
- Wash your hands often to help protect you from germs
- Avoid touching your eyes, nose or mouth
- Practice other good health habits, get plenty of sleep, be physically active, drink plenty of fluids and eat nutritious food

Wash your hands

There's no trick to it! Keep your hands clean to help avoid getting sick and spreading germs to others. Wash your hands often with soap and water. If that's not possible, use alcohol-based hand sanitizer. Follow the below tips for the best way to wash your hands:

- **Wet your hands** with clean, running water (warm or cold) and apply soap
- **Rub your hands** together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails
- **Continue rubbing** your hands for at least 20 seconds. You can hum the "Happy Birthday" song from beginning to end twice
- **Rinse your hands** well under running water
- **Dry your hands** using a clean towel or air dry them

For more information on keeping your children safe, visit the Florida Department of Health's Safe Kids Florida website at <http://www.floridahealth.gov/healthy-people-and-families/safe-kids-florida/index.html>