

# Halloween Safety Tips During COVID-19

Halloween will look a little different for many people this year due to COVID-19. Here are some tips to help keep your family safe while celebrating.

## Try Something New

- ▶ **Virtual Halloween costume contest** – Or Halloween movie and dinner night at home with your family.
- ▶ **Halloween scavenger hunt** – Or trick or treat search with family members around your home rather than going house to house.
- ▶ **One-Way Trick-or-Treating** – Place individually wrapped goodie bags on table or display at the end of the driveway or yard edge for families to grab and go, while continuing to social distance.
- ▶ **Costume parade** – Organize a small group, open-air costume parade where participants are distanced more than 6 feet.

## If You Plan to Trick-or-Treat

**Note:** The CDC does not currently recommend traditional trick-or-treating.

- ▶ Stay home if sick.
- ▶ Trick or treat with people you live with.
- ▶ **Wear an appropriate face mask** – A cloth or surgical with at least two layers covering both the mouth and nose.
- ▶ Remain 6 feet apart from people not in your household.
- ▶ Hand sanitize frequently while out, especially during key times like before eating or after coughing/sneezing.

## Additional Safety Tips

- ▶ Avoid trick-or-treating alone. Walk in household groups or with a trusted adult.
- ▶ Stay in your neighborhood and set a return home time for parents.
- ▶ Fasten reflective tape to costumes and have children carry a flashlight to be seen.
- ▶ Walk on sidewalks whenever possible or on the far edge of road facing traffic.
- ▶ Avoid homemade treats.
- ▶ Drive slowly and turn on headlights during the day.
- ▶ Be alert for kids during popular trick or treat hours of 5:30-9:30 p.m.

For more information, or to check your region's COVID-19 infection rates, visit [CDC.gov](https://www.cdc.gov) or contact Kootenai Health's Injury Prevention Services at (208) 625-5722.

