

October 2009

Making the difference

School Health Services E-Newsletter

New York Statewide School Health Services Center
www.schoolhealthservicesny.com

Halloween Safety Tips from the Centers for Disease Control:

- S**words, knives, and similar costume accessories should be short, soft, and flexible.
- A**void trick-or-treating alone. Walk in groups or with a trusted adult.
- F**asten reflective tape to costumes and bags to help drivers see you.
- E**xamine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.
- H**old a flashlight while trick-or-treating to help you see and others see you.
- A**lways test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.
- L**ook both ways before crossing the street. Use established crosswalks wherever possible.
- L**ower your risk for serious eye injury by not wearing decorative contact lenses.
- O**nly walk on sidewalks or on the far edge of the road facing traffic to stay safe.
- W**ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E**at only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.
- E**nter homes only if you're with a trusted adult. Otherwise, stay outside.
- N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.



H1N1 Flu

For the latest H1N1 Flu news and resources:

See the H1N1 Flu page of our website at:
<http://www.schoolhealthservicesny.com/h1n1.cfm>

Join our listserv (see the home page of our site) to receive email notification of news and the release of updated guidance from the NYS Education Dept.

Found at: <http://www.cdc.gov/family/halloween/>