

### **Safe trick-or-treating tips**

Halloween is a fun and exciting time, but safety should be the number one concern. Here are some tips to help keep your child(ren) safe:

- Wear a properly fitted costume that is bright and non-flammable. Use reflective tape on your costume so you can be seen in the dark.
- Use face makeup or enlarge the eyes on your mask so you can see well. When wearing a mask, push it up on your head while walking.
- Teach children to visit the front door of well-lit homes and never go inside.
- Help your child plan a route and a time to be home.
- Remind children to always walk on the sidewalk (or on the left side of the road if there are no sidewalks), and obey traffic and pedestrian signals. Do not cross yards where objects or uneven terrain can present tripping hazards.
- Have an adult check treats at home before allowing children to eat them.
- Younger children should go trick-or-treating with an adult. Older children are reminded to trick-or-treat in groups.
- Teach children their home phone number and how to call 9-1-1 if they have an emergency or become lost.

For more safety tips, visit Health Canada's website at: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) and search for 'Halloween Safety.'

### **Protect your family during cold and flu season**

You may have heard of a nasty cough that has been hospitalizing some children in the United States. It has now been detected in Canada, including communities in Ontario. This particular bug is called the Enterovirus D68, a cousin of the family of common cold viruses. For most people including most children, this virus will cause mild illness similar to the common cold. Symptoms include fever, runny nose, sneezing, cough, and body and muscle aches. Most people don't need a visit to the clinic or the hospital, and will get better on their own. There is no specific antibiotic or antiviral medication or vaccine for D68.

The virus spreads like the common cold, by droplets from sneezing or coughing and from nasal mucus. It can also be picked up by touching surfaces that have been contaminated. This virus behaves much like the cold or influenza, and protecting yourself and your children is much the same as with those diseases. For more information, visit the Health Unit's website at [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).