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## **NEWS RELEASE**

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### **Public Health Provides Halloween Health and Safety Tips**

*This spooky season is a time of celebration for many local families and Public Health is offering tips to stay safe and healthy.*

#### **Protect against COVID-19**

- Protect those not yet eligible for vaccination such as young children by getting vaccinated.
- Wear masks if you are in public indoor settings if you are not fully vaccinated.
- Avoid crowded, poorly ventilated spaces – outdoors is safest.

#### **Get moving - Carve out time to be active this Halloween**

- Regular physical activity can help control your weight, reduce your risk of heart disease and some cancers, improve mental health and mood, and increase your chance of living longer.

#### **Eat well - Don't spend this Halloween filling up on junk food and sweets**

- Give yourself and your guests healthier choices and nutritious treats such as fruits, nuts or veggies.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health.

#### **Keep your bite healthy - Care for teeth the right way and brush with a fluoride toothpaste every day**

- Tooth decay is one of the most common chronic conditions of childhood in the United States.
- Untreated tooth decay can cause infections that may lead to problems with playing and learning.

#### **Play it safe - Take precautions to stay safe while trick-or-treating on Halloween night**

- Watch out for cars, use reflective gear, walk with a group, and carry a flashlight.
- Check out CDC's Injury Center for safety tips: <https://www.cdc.gov/injury/>

#### **Scare away the flu and colds**

- Wash your hands frequently and stay home when sick.
- Everyone 6 months and older should get a flu vaccine each year.

#### **Don't be a zombie – Sleep is important, even on Halloween!**

- Adults need 7-8 hours each night. It's best for staying healthy and helping the disease fight.
- Insufficient sleep is linked to an increased risk for Type 2 diabetes, heart disease, and obesity.

#### **Be afraid of smoking - Keep your Halloween activities smoke and tobacco free**

- Smoking harms nearly every organ of the body, causing many diseases.
- Get help to quit smoking: 1-800-NO-BUTTS.

Source: Centers for Disease Control