



Mirror, mirror on the wall...who's the healthiest of them all?

# It's the **Tid bit** Times Halloween Edition

October 2011

## Ghoulishly Easy Tips to Have a Spook-tacular Halloween!

Here are some trick-or-treating tips for you and your ghouls and goblins. Public Health wishes your family a fun filled and **SAFE HALLOWEEN**.

**S**words, knives, and similar accessories should be short, soft, and flexible to prevent injury.

**A**void trick-or-treating alone. Walk in groups or with a trusted adult and carry a cell phone in case of emergency.

**F**asten reflective tape to costumes and bags to help drivers see you.

**E**xamine treats for choking hazards and tampering before letting your child eat them.

**H**old a flashlight if trick-or-treating at night or dusk to help you see and others see you.

**A**lways test FDA approved make-up in a

small area first. Test on an arm before the face if allergy prone. Remove it before bedtime to prevent skin and eye irritation.

**L**ook both ways before crossing the street. Use crosswalks and side-walks.

**L**ower your risk for serious eye injury by not wearing decorative contact lenses.

**O**ral health is important. Help youngsters remember to brush their teeth after eating candy.

**W**ear well-fitting costumes and shoes to avoid blocked vision, trips, and falls.

**E**at only commercially wrapped treats. Avoid homemade items unless you know the cook well.

**E**nter homes only if you're with a trusted adult. Otherwise, stay

outside, away from strangers and unfamiliar vehicles.

**N**ever walk near lit candles. Be sure to wear flame-resistant costumes.

Here's another tip. Send your trick-or-treaters out the door after a light meal or snack to ward off the temptation of filling up on candy.

And finally, consider



handing out non-food items. Small, child-safe

toys, stickers, erasers, pencils, mini containers of play dough, and coupons to food establishments are all welcome options. A 2003 study showed that children between the ages of 3 and 14 were just as likely to choose toys as candy when given the opportunity. Plus, there won't be candy left over to tempt your family. And the extra non-food treats can be stored for next year.

Information for this article came from the [Centers for Disease Control](#), [American Academy of Pediatrics](#), [Federal Drug Administration](#), [US Consumer Safety Commission](#) and the [Journal of Nutrition Education and Behavior 2003 Vol 35 Is.4](#)

### **Sheboygan County Division of Public Health**

1011 N. 8th St.

Sheboygan, WI 53081

Phone: 920-459-4382

Fax: 920-459-0529

Email:

publichealth@

co.sheboygan.wi.us



**Public Health**  
Prevent. Promote. Protect.

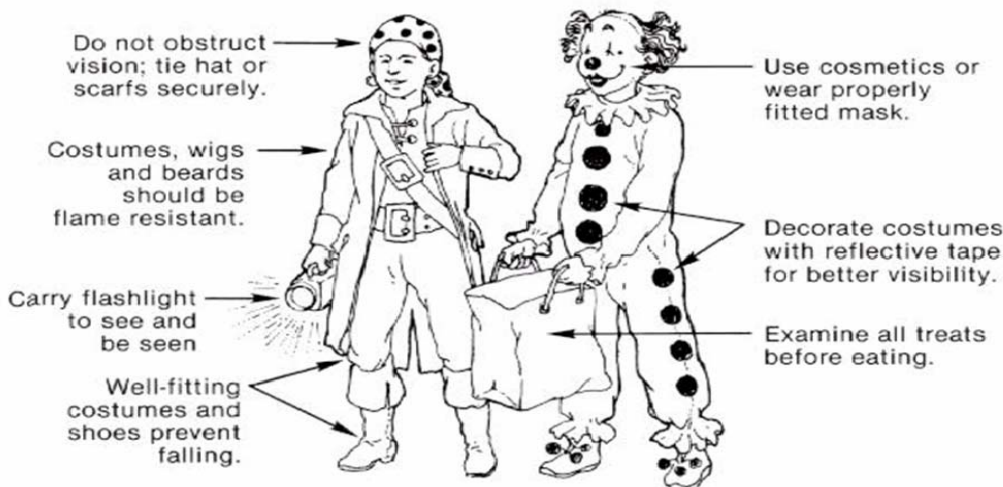


Image found at <http://www.cpsc.gov/cpscpub/pubs/100.html>

## Avoid Being Haunted by the Flu



As the flu virus starts knocking on doors this fall and winter, be prepared to avoid his tricks. Get

your family vaccinated. The Centers for Disease Control recommends everyone 6 months and older be vaccinated every flu season. Flu vaccine is widely available at pharmacies, doctor's offices and flu vaccine clinics at different locations throughout the area. Sheboygan County Public Health provides flu



vaccine to children 6 months through 18 years of age for a \$5.00 donation. Call 459-3030 for an appointment. Visit [vaccine.gov](http://vaccine.gov) or [flu.gov](http://flu.gov) for more information about flu vaccine and vaccine clinic times and locations throughout the area.

Take everyday steps to limit the spread of germs, like the kind that cause the common cold and influenza. Cover your nose and mouth when you cough or sneeze. Throw tissues in the trash after you use them. Wash your hands often. While sick, get lots of rest, drink plenty of fluids and stay home to limit contact with others to keep from infecting them.

*Images courtesy of CDC e-cards. To send a healthy Halloween e-card, visit [cdc.gov](http://cdc.gov).*



## Operation Gratitude

### A Chance to Collect Candy for the Troops

The Sheboygan County Dental Access Committee is planning an Operation Gratitude Candy Collection Program with the endorsement of Healthy Sheboygan County 2020, Sheboygan County Dental Society, and the Sheboygan County Activity and Nutrition Committee (SCAN). The Program was started by Middleton dentist Dr. Chris Kammer, who wanted to make a difference in service member's lives by buying back Halloween candy from local children and then donating it to troops overseas. The program has doubled in size each year over the past four years, and this year, offers a Candy Give Back Program that teaches children to give back to others.



Global sugar consumption for kids increases by about 2% annually and currently sits at 50 million tons per year, which means parents need to be sure their kids teeth are being cared for more than ever. Candy, as well as hurting children's teeth,

can lead to hyperactivity and weight gain. In some cases, the wrong types of candy can also lead to broken teeth and damaged braces.

Kids should still dress up, go out, have fun, and yes, even eat some candy. But after picking out the best of their stash, they will probably have about 10 pounds left, and *nobody* needs that much candy!

Communications regarding drop off locations and dates will follow as the planning continues, so watch for more information. Websites with helpful information include: [www.operationgratitude.com](http://www.operationgratitude.com); [www.halloweencandybuyback.com](http://www.halloweencandybuyback.com); <http://www.facebook.com/OperationGratitude>; <http://www.youtube.com/user/OpGrat>.

Chairperson of the Dental Access Committee, is Beth TenPas RN BSN. She can be reached at [ten-pabat@co.sheboygan.wi.us](mailto:ten-pabat@co.sheboygan.wi.us) or by calling 459-6440.

Operation Gratitude will be sending 50,000 Holiday care packages (including the next **Milestone Package** on December 17) and they need tons of candy, literally, to fill them! In 2010, they received **120 TONS!**



Photo found at <http://www.halloweencandybuyback.com/photo-gallery.html>