

Mission:
To protect, promote & improve the health
of all people in Florida through integrated
state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

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The Florida Department of Health Encourages Safe and Healthy Trick-or-Treating During Halloween

TALLAHASSEE – As Halloween approaches, the Florida Department of Health encourages families to celebrate in a safe and healthy way. Parents should talk to their children about Halloween safety and educate one another on healthy practices.

“Halloween is an important time for parents and children to make healthy decisions when it comes to food and safety,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “We want all Floridians to take the necessary precautions that will allow them to celebrate in a fun, safe and healthy way.”

The Department of Health offers these tips for all Trick-or-Treaters:

- Don't over consume sugary treats. Floss daily and brush your teeth with fluoride toothpaste.
- Avoid the flu and colds by washing your hands frequently and getting a flu vaccination.
- Parents should check candy treats to ensure that items are properly sealed and not tampered with. Children should not accept or eat anything that isn't commercially wrapped.
- Encourage children to stay on sidewalks and out of the pathway of vehicles.
- Make sure that children eat a satisfying and healthy meal before Halloween festivities begin.
- Children should always be accompanied by an adult while trick-or-treating.
- Be sure to wear well-fitted masks, costumes and shoes to avoid blocked vision, trips or falls.
- To ensure pets also have a happy Halloween, leave them home when trick-or-treating, do not give them chocolate or raisin treats and toss away your candy wrappers.

To learn more about how to enjoy the holiday in a safe and healthy way, visit the Halloween section of www.HealthiestweightFL.com/fall.

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.FLHealth125.gov for more information.

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