

Halloween Eye Safety: Tips & Need- to-Knows



The Lighthouse urges everyone to make eye safety a priority this year as you plan for Halloween. Remember: many vision-related injuries are reported every year because of Halloween activities. Don't be one of those cases—use these tips to ensure a safe and enjoyable holiday for you and your family.

Avoid costumes that block vision

Masks, wigs and eye patches are fun Halloween accessories, but make sure they don't significantly obstruct your field of view. Some masks are very dangerous for children because they block their side vision. A better, safer option is to decorate your child's face with face paint or makeup.

Use makeup properly and away from children's eyes

If you decide to disguise your child with makeup instead of a mask, use hypo-allergenic options and keep it away from the eyes. It is a good idea to carry a damp towel or washcloth in case the makeup begins to run while trick-or-treating.

Don't allow sharp objects to be used as props

Some costumes don't seem complete without swords or wands. Still, do not allow your child to carry sharp objects. Sharp, pointed props endanger your child's eyes as well as the eyes of other children.

Don't buy or wear decorative contact lenses that have not been prescribed by an eye doctor.

Remember that contact lenses are medical devices and require a valid prescription. Improper use of cosmetic contact lenses can result in serious eye conditions including bacterial infections, swelling, eye pain, conjunctivitis (pink eye), corneal scratches and vision loss.

Carry a flashlight

Give your child a small flashlight to illuminate dark paths and walkways. If it is a dark night, your child will not be able to see holes in yards or missing porch steps. A flashlight will also make your child more visible to drivers. (Daytime trick-or-treating is always a safer option!)

Make sure costumes are reflective

If the costume your child chooses is not made of reflective material, sew on reflective fabric strips or use stick-on strips of reflective tape. You want your child to be seen, especially crossing streets in the dark. Place reflective material on the front, back and sides of your child's costume.

Keep porches and stairs clear and illuminated

Don't forget about your neighbors and guests. Leave the porch lights on and keep potential tripping hazards out of the way of stairs and sidewalks.

For more safety tips and information, visit the Center for Disease Control and Prevention's "Halloween Health and Safety" page at www.cdc.gov/family/halloween/

Source: http://vision.about.com/od/eyeexaminations/tp/Halloween_Safety.htm

Lighthouse International is dedicated to fighting vision loss through prevention, treatment and empowerment.

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