



2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

October 11, 2023: Outdoor Safety

With Trick or Treating just around the corner, these five tips cover the most critical aspects of safe trick-or-treating while ensuring a fun and secure experience.

1. **Plan Your Route and Use the Buddy System:** Decide on a specific route in well-lit neighborhoods and always go with a trusted adult or group.
2. **Stay Visible with Reflective Clothing:** Add reflective elements to costumes, carry flashlights, and ensure you're easily seen by drivers.
3. **Safe Costume Choices:** opt for costumes that aren't too long or loose and avoid masks that limit vision/eyesight.
4. **Check Treats and Food Allergy Awareness:** Inspect treats for allergens and consider non-food alternatives for children with allergies.
5. **Follow Traffic and Safety Rules:** Walk on sidewalks, use crosswalks, obey traffic signals, and be cautious near driveways. Avoid electronic distractions and stay hydrated.

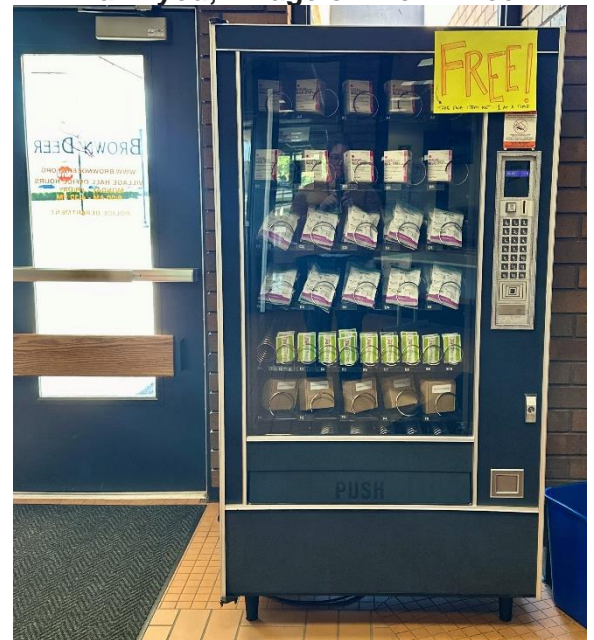
Being outdoors at night can be enjoyable, but it is also important to prioritize safety. Whether you're out for an evening walk, camping, or just spending time outside after dark, here are five safety tips to keep in mind:

1. **Stay Visible:** Carry a flashlight and wear reflective items and clothing.
2. **Share Your Plans:** Inform someone of your whereabouts and expected return time.
3. **Stay Alert:** Keep distractions at bay and be aware of your surroundings.
4. **Stick to Trails:** Stay on designated paths to reduce the risk of getting lost.
5. **Group Up:** Whenever possible, go out with others for added safety.



In partnership with the Village of Brown Deer, NSHD recently introduced the North Shore's first harm reduction vending machine at Brown Deer Village Hall (4800 W Green Brook Drive, Brown Deer, WI, 53223). It offers essential items such as naloxone (NARCAN), fentanyl and xylazine test strips, safe medication disposal products, and safer sex items, including condoms. Inventory will be adjusted to meet community needs, potentially offering items such as tick kits, sunscreen, gun locks, first aid kits, bike-pedestrian safety items and more. All items are available to the public free of charge and accessible 24/7.

Thank you, Village of Brown Deer!



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Follow us on social media and visit our website for health information and updates!



RESOURCES AND REFERENCES

1. [Guide to Outdoor Safety and Health | SafeHome.org](https://www.safehome.org/)
2. [Infographic: Trick-or-Treat Checklist | CDC](https://www.cdc.gov/healthybehavior/halloween/)
3. [Halloween Safety Tips | NHTSA](https://www.nhtsa.gov/road-safety/halloween-safety-tips)
4. [13 Tips for a Healthy Halloween | Blogs | CDC](https://www.cdc.gov/healthybehavior/halloween/)