



## Jax Allergy - Halloween Safety Checklist

Parents: print out this handy checklist for Halloween fun and safety.

All information provided is general safety and allergy related, this is not a comprehensive list.

### Supplies

	Discuss plan with kids for if they start to feel itchy or have an allergic reaction
	Make sure you have epinephrine auto-injectors with you when you head out
	Make sure to have any over-the-counter medications you use in case of a minor reaction
	Have handi-wipes in case of contact/skin allergies

### Costumes and Makeup

	If using makeup, test makeup on a small area of skin a few days in advance to ensure no reactions
	Make sure costume accessories do not contain Nickel or other allergy causing compounds.

### Trick or Treating

	Carry allergy safe treats along with you, to allow your child to have treats when others are having
	Leave allergy safe treats for your child at neighbor's houses ahead of time
	<b>Check all labels</b> - be aware that some normally safe treats, are produced in different facilities for holiday versions. Labels must note possible allergens used in a facility.
	Have trade options available for candies that cannot be eaten by your child. Trade out for a craft or some other safe treat
	Join the <a href="http://www.zeemaps.com/map?group=1500253">Teal Pumpkin Project</a> —look for Teal Pumpkins and add your own house the map of participating homes here: <a href="http://www.zeemaps.com/map?group=1500253">http://www.zeemaps.com/map?group=1500253</a>

### Classroom Parties

	Discuss with teacher/class parent date/time for class parties and treats to be had
	Have alternative/safe treats for your child available
	If possible help with hosting the party and make sure your child has safe treats available
	Plan non-food related activities, crafts, scavenger hunt, or other Halloween games

**Have A Fun and Safe Halloween!**