

Halloween Safety Tips: Costumes, Candy, and Colored Contact Lenses

Enjoy a safe and happy Halloween by following these guidelines.



Whether your Halloween plans are for adults or kids, there's plenty to consider before choosing a costume, putting on makeup, and eating a bag full of treats. To help you and your loved ones enjoy a safe and happy Halloween, here are some tips from the U.S. Food and Drug Administration, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention.

- Wear costumes that say “flame resistant” on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon
- Wear bright, reflective costumes or add strips of reflective tape so you’ll be more visible; make sure the costumes aren’t so long that you’re in danger of tripping
- Wear makeup and hats rather than costume masks that can obscure your vision
- Test the makeup you plan to use at least 24-48 hours in advance
- Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy. Vibrantly colored makeup is popular at Halloween. Check the FDA’s list of [color additives \(/cosmetics/ingredient-names/color-additives-permitted-use-cosmetics\)](#) to see if the colors are FDA approved. If they aren’t approved for their intended use, don’t use them. This is especially important for colored makeup around the eyes.
- Don’t wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses. See Eye Safety below for more information.
- Eating sweet treats is also a big part of Halloween fun. If you're concerned about [food safety, \(/about-fda/page-not-found\)](#) there are some things to know.
- Don’t eat candy until it has been inspected at home.
- Eat a snack before heading out to avoid the temptation of nibbling on a treat before it has been inspected.
- In case of a food allergy, check the label to ensure the allergen isn’t present. Tell children not to accept — or eat — anything that isn’t commercially wrapped
- Parents of very young children should remove any choking hazards such as gum, peanuts, hard candies, or small toys from the Halloween bags
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.