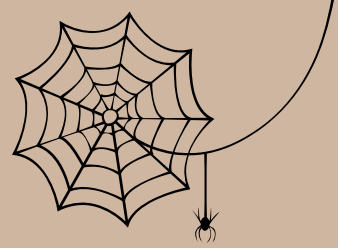# UMRHN
UPPER MIDLANDS RURAL HEALTH NETWORK

October 2018

Safe and Healthy
Trick - or - Treat

- Use **REFLECTIVE** tape to help drivers see your child!
- Walk on sidewalks, not streets, and cross in crosswalks.
- It's more fun with a group!
- Pay extra attention at busy intersections.
- Bring a flashlight or glow sticks to light your path!

Girl on Fire is a cool costume idea. Actually being on fire isn't. Flame-retardant costumes are key!

Candy is one of the best parts of Halloween, and factory-sealed candy can help prevent your child from getting sick.

Tip

If you're driving on Halloween, watch for children running out into the roads!
Make sure your headlights are on so they can see you.

UMRHN Community Members

Executive Director: Karen Nichols

Website: UMRHN.ORG
Phone: 803.377.8027

Created By: Jessica Purser