

October

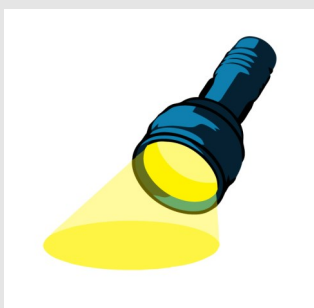


Halloween Health and Safety

With Halloween fast approaching you may be scrambling to carve your jack-o-lanterns, finding apples to bob for, or, just as important, stocking up on toothpaste and mouthwash. In the midst of the holiday rush, here are some tips that will help you and your trick-or-treater stay safe.

Be Visible

- Wear costumes that make you visible to drivers. If not visible, consider adding reflective tape to your costume or bag. At night, remember to bring your flashlight!



Stranger Danger

- Never get into a car with a stranger.
- Do not enter a home unless you are accompanied by a trusted adult.
- Avoid houses that are not well-lit.

Source: Center for Disease Control



Stay Safe

- Always operate by the buddy system or go with a trusted adult.
- Look both ways before crossing the street
- Use sidewalks whenever possible. If you need to walk on the road do so on the shoulder facing traffic



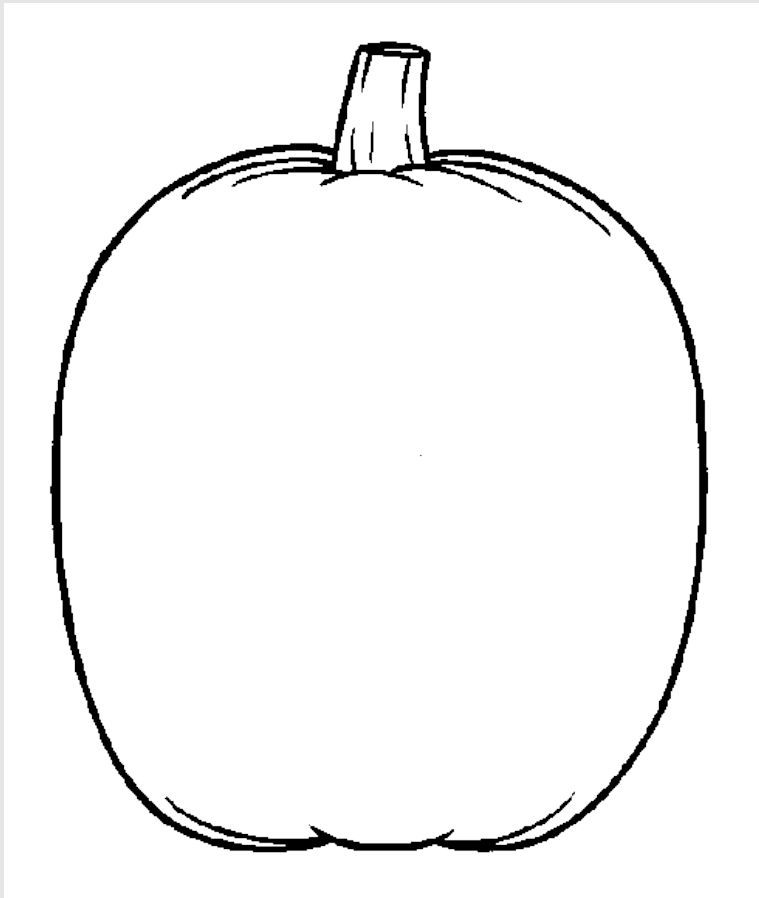
Be Cautious



- Before eating any of the treats make sure the wrappers have not been tampered with.
- Homemade treats are tasty, but they are best to avoid while trick-or-treating. You cannot be sure how they were made or if they were tampered with!



Draw Your Own Jack-O'-Lantern



Recipe of the month

Get away from all the packaged sweets and try these homemade treats!

Ingredients

- 4 large ripe bananas, peeled and cut into thirds crosswise
- $\frac{3}{4}$ cup of semisweet bittersweet chocolate chips, melted
- $\frac{1}{4}$ cup shredded coconut (optional)
- 12 Popsicle sticks

Instructions

1. Line a baking sheet with parchment or wax paper.
2. Insert a popsicle stick into each piece of banana
3. Dunk or coat each banana in the melted chocolate (reheat chocolate as needed)
4. Optionally sprinkle with coconut
5. Place the bananas on the baking sheet and freeze (this should take about 2 hours)

Recipe provided by: <http://www.eatingwell.com/recipe/250000/frozen-chocolate-covered-bananas/>

National Bullying Prevention Month

With all the fun surrounding Halloween, there is an important issue that can get overshadowed.

According to the National Bullying Prevention Center, more than 1 out of every 5 students will report being bullied.

October is National Bullying Prevention Month. This campaign focuses on efforts that will unite communities and stop the hurt. Greater awareness and increased engagement is important in making an impact.

Below are some additional resources on bullying. Please take the time to see what you and your child can do to take a stand against bullying and help to bring about change.

- <http://www.pacer.org/bullying/nbpm/>
- <https://www.stopbullying.gov/>
- <http://cyberbullying.org/resources/parents>

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