



MEDIA RELEASE

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HALLOWEEN HEALTH RISKS ARE TRULY FRIGHTENING

Have a Safe and Fun Halloween by Following these Simple Tips

(TOPEKA, KAN. – October 4, 2018) – Halloween can be a fun-filled evening of candy, bone-chilling haunted houses and creative costumes. Unfortunately, Halloween can become a real nightmare if proper safety precautions aren't followed, and there's more to remember than just making sure your candy is safe. Certain safety measures can be taken to make your Halloween memorable for all the right reasons.

Costumes, however adorable, awe-inspiring or spooky, can become a safety hazard if worn haphazardly. Be sure that costumes do not drag along the ground. Trips and falls are especially common during Halloween because costumes can easily get underfoot. And walking in the dark can be dangerous enough without a mask obstructing your sight. It's recommended that you wear make-up/face paint instead, avoiding any sort of material hanging over your eyes.

One of the latest trends in Halloween costumes includes the use of decorative contact lenses. Some trick-or-treaters think that colorful contact lenses are the finishing touch to an already daring costume. Unfortunately, using any contact lenses that have not been fitted and prescribed for you by an optometrist or ophthalmologist is extremely unsafe, and it is actually illegal for them to be sold without a prescription. Contact lenses worn incorrectly and without proper care can cause a list of ailments, such as pain and burning, light sensitivity, watering eyes, corneal ulcers and even vision loss. If you plan on using contact lenses of any kind, be sure that they have been fitted and prescribed by your eye doctor specifically for your eyes.

Once you have your costume on and are able to see clearly, it's important to be seen. Since most trick-or-treating is done after the sun has set, it can become difficult to remain visible to other trick-or-treaters and motorists. Decorate costumes and treat bags with reflective tape, which is visible beyond 500 feet, giving drivers ample time to see you and react accordingly. Seeing and being seen are two important pieces for a safe and successful night of trick-or-treating.

ABOUT EYE CARE COUNCIL

Eye Care Council is a preventive health care organization providing innovative education about vision care. It consists of optometrists dedicated to improving and preserving vision through public education. The Council was formed in 1991 by the Kansas Optometric Association to carry out the objective of educating the public about the importance of regular preventive vision care and about the warning signs of vision problems.

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