



MEDIA RELEASE FOR IMMEDIATE RELEASE

Have a Happy, Healthy, Flu Free Halloween Tips from St. John Ambulance to Reduce the Risk to Kids this Halloween

October 26, 2010 (Toronto, ON) – Every Halloween children across Ontario transform in to imaginative monsters and treasured fictional characters; and every year parents go over the same safety talk. But after last year's H1N1 flu scare, and the pending onset of a new flu season it is important for parents to review flu prevention with their little ghouls. Here are some tips from St. John Ambulance to help you have a happy, healthy, flu free Halloween.

- **Wash your Paws, Claws, Hooks and Hands:** Hand washing is one of the most basic and most effective ways to prevent getting sick. Pack your little monsters off with some hand sanitizers or wipes and make sure they know to wash their hands before snacking.
- **Catch it in Your Sleeve:** Remind kids to cough or sneeze into their sleeves or a tissue.
- **Avoid Common Surfaces:** Instead of knocking on the door or ringing the doorbell, encourage kids to shout "trick or treat!" at the houses they visit.
- **Don't Grab for Goodies:** When handing out candy this year, avoid letting kids dig around in the bowl – instead use clean hands or a scoop to distribute goodies.
- **Keep it to Yourself:** If you or someone in your household is sick, don't hand out treats. Kids want candy, not germs.
- **Plan Ahead:** No parent wants to keep their child from having Halloween fun; but if they're sick, they should stay home. Plan ahead for Halloween at Home – rent a scary movie the kids may want to watch, play games, have a Halloween candy hunt or let the kids trick or treat to different rooms in the house. There is lots of fun to be had with family at home.

Remember there are plenty of scary things about Halloween but the flu shouldn't be one of them. For more information on the flu, visit www.fightflu.ca and have a happy, healthy Halloween from St. John Ambulance.

For over 125 years, St. John Ambulance has been training over 140,000 Ontarians annually in first aid and other health care related courses and remains dedicated to saving lives at work, home and play. With over 4,000 volunteers contributing over half a million hours of community service a year, St. John Ambulance is an integral part of the community offering such unique and innovative programs as; medical first response, disaster response, car seat clinics, health and safety related youth programs and therapy dog services. As a charitable, humanitarian organization, proceeds from St. John Ambulance's first aid training and first aid product sales directly support these vital community services programs. For more information on St. John Ambulance training courses and volunteer opportunities or to contact your local branch, visit www.sja.ca/on