

How to Trick-or-Treat During COVID-19 and Stay Safe

1. Understand the Rules and Regulations
 - a. Begin by checking the State, County, Local, and even Neighborhood regulations. Own your own situation and determine whether the activity is a good idea for you and your family. More information on rates of spread in your area can be found at www.coronavirus.iowa.gov
2. Trick-or-Treat in Shifts
 - a. Stick to the time frame for your city, area, or neighborhood.
3. Stick to Your “Pandemic Pod”
 - a. Trick-or-Treating in large groups is fun but not recommended in our current climate. Keep your group to close friends and family members. Kids trick-or-treating with kids they do not normally mix with will increase the chances of exposure.
4. Go Outside
 - a. Trick-or-Treating outside, while wearing a mask, and practicing good hand hygiene can make this year’s Halloween safe and manageable. Avoid extended sessions at indoor events or in apartment buildings.
5. Avoid Big Parties
 - a. Halloween parties are fun but even those held outdoors are not advised this year. Keep your festivities to socially distanced trick-or-treating. If you live in an area that has rainy or cold Halloweens dress appropriately.
6. Stay Close to Home
 - a. Traveling to other neighborhoods may be a tradition but this year try to stick close to home. The virus has less chance to spread if we all stick close to people we are more often around. Plus staying close to home gives you more time to trick-or-treat in an already limited time window.
7. Wear a Mask
 - a. Coronavirus safety measures, whether you are at the grocery store, or a ball game, apply to trick-or-treating as well: wear a mask. Luckily, many costume ideas are suited to mask wearing. A 100% cotton mask that covers both the mouth and nose at the same time are best.



8. A Rubber or Plastic Mask is Not the Same as a Cloth Face Covering
 - a. Many costumes feature rubber or plastic masks. If your costume uses a mask of this sort, it would be best to layer the mask with a cloth facial covering or mask underneath. Do not rely on the costume mask for protection.
9. Make Sure the Mask and Costume are Comfortable
 - a. Trick-or-Treating is a physical activity that can last for hours. Ensure your child's costume is comfortable and make sure their mask is comfortable as well. Good breathable fabric such as 100% cotton and a fit that is not too loose or too tight will prevent your child from removing the mask in discomfort.
10. Gloves Are Not a Layer of Protection
 - a. Gloves may protect the surface of your hands, but you may inadvertently touch your eyes, nose, or mouth. If you live in an area where you trick-or-treat in cold weather where gloves to protect yourself from the weather, not COVID-19.
11. Practice Good Hand Hygiene
 - a. Instead of opting for gloves for protection carry clip-on hand sanitizers for trick-or-treaters and use it between houses.
12. Wrapped Candy Can be Safe
 - a. All candy should be wrapped, you should not consume any candy that is not wrapped.
13. Consider Bringing Your Own Candy
 - a. The kids can still trick-or-treat and go house to house, instead of the neighbors handing the candy out, hand candy to your kids from the candy you have brought with.
14. Get Your Flu Shot
 - a. Everyone in your family should get a flu shot this year and be vaccinated against the flu before trick-or-treating
15. Have Candy in Individual Baggies
 - a. Instead of handing out candy, consider keeping a small amount of candy in individual bags on your doorstep for a child to grab, replenish the amount in between visits. This prevents tiny hands going in and out of big bowls.



16. Stay Behind a Storm Door

- a. If you can, stay inside when handing out candy. If you can do it from behind a storm door with glass you can still see the costumed kids and maintain a barrier. This is especially recommended for the more vulnerable population.

17. Sit Outside at a Table 6 Feet Away From Trick-or-Treaters

- a. If you are not part of the more vulnerable population, consider sitting at a table outside that maintains 6 feet of distance between you and the kids. This way you can keep your supply of individual baggies well stocked.

18. Keep a Supply of Hand Sanitizer Out

- a. Encourage trick-or-treaters to bring their own small bottle of sanitizer and provide sanitizer at each house to use before grabbing the candy.

19. It is Okay Not to Participate

- a. If you do not wish to participate in trick-or-treating this year, turn off your porch light and consider posting a sign in a visible location. This is extremely important for those of us in the more vulnerable population and is 100% acceptable.