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September 21, 2020

Interim Recommendations for a Safe Halloween

Trick or treat with your household: Often, trick or treating is a fun way to go on an adventure with friends. To be safe during the pandemic, try to stay within your household and if you are walking with friends, each household group should stay at least 6 feet apart.

Wear a Mask: It is normal to think about masks when thinking about trick or treating, but in this scenario, we are talking about your personal safety mask. This may mean that you are dressed up at the Lone Ranger, you might have a masquerade style mask as well as your personal safety mask. Another option would be to look for a Halloween costume that properly covers the mouth and nose and does NOT have an opening near the mouth.

Prepackaged treats: For many years now, health organizations have been urging parents to only accept treats that are purchased and prepackaged. This year is no exception and parents should only allow children to accept and consume pre packaged treats.

Gloves may NOT be as helpful as you think: Gloves will protect your hands, sure, but if you put those gloved hands to your face, you may be in trouble. It is easy to sanitize your hands after you touch something, but we often don't think to sanitize gloves.

Practice good hand hygiene: Consider carrying clip-on hand sanitizers to use between houses. If you aren't sure if you are ready to eat that candy, you can let it sit for 10-14 days before consuming. If you don't have that kind of patience and want to sanitize your treats before eating them you can also wash the outside wrapper with soap and water or check FDA and CDC guidelines as Halloween approaches.

Get a flu shot: It's always important to get your flu shot, but for 2020 (and before trick-or-treating), it's even more important.

Avoid big parties: Halloween parties in a spooky real-life haunted house or hotel have been popular in the past, but for 2020, keep it to socially distanced trick-or-treating.

Stay in your own neighborhood: Even though it is tempting to go to the fancy neighborhood that gives out full size candy bars, staying in your neighborhood means staying with people you have likely already come in contact with.

Stay tuned to [DCEO Restore Illinois: Phase 4](#), [IDPH COVID-19](#) and [CDC COVID-19](#) websites for additional guidance as it becomes available.