



TIPS FOR YOUR TEETH

DON'T LET HALLOWEEN RUIN YOUR SMILE

- Avoid hard or sticky candies (gummy bears, lollipops, hard candies)
- Choose candy that melts in your mouth faster
- Drink plenty of water after eating candy
- Eat sweets in moderation and after meals
- Brush and floss after your last treat for the night



TREATS TO GIVE OUT TO THE GHOULS AND GOBLINS

- Leave individually wrapped goodie bags at least 6 feet from your door for kids to grab and go
- Do NOT hand out candy from a bowl
- Avoid giving out sticky and hard candy
- Choose better treats to give out like gum, non-sticky chocolate, pretzels, or popcorn
- Sugar free gum is an excellent alternative as it helps with tooth decay

IF YOU PLAN TO TRICK-OR-TREAT - BE SAFE

- Follow Delaware Division of Public Health's Halloween Guidance while celebrating this year. Learn more at: <https://bit.ly/2SzQR2V>
- Wash your hands for at least 20 seconds before eating any goodies
- Don't eat anything until you get home and check it for holes, punctures, homemade or repackaged items, or if the treats are expired



DELAWARE HEALTH AND SOCIAL SERVICES
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