

### Avoid the 'boo-boos' this Halloween



Halloween is among the top three holidays producing the most emergency room visits, according to a nine-year study of pediatric emergency room visits between 1997 and 2006.

Most of the injuries were to the finger or hand with 33.3 percent being lacerations and 20.1 percent being fractures. The greatest portion of total injuries at 30.3 percent, were sustained by children, ages 10-14.

Therefore, the American Academy of Orthopedic Surgeons asks children and adults to take some simple precautions to remain safe for Halloween. Here are safety tips to remember as the whole family gets ready to celebrate:

1. Children should not carve pumpkins. However, some carving devices or kits can be used by older children with adult supervision. Young children can have fun emptying the seeds instead of carving. Think about painting pumpkins instead of carving, as well. Remember to wash all pumpkins with soap and water before they are carved because bacteria may be on the surface of the pumpkin and can be ingested accidentally, causing severe illness.
2. Remember to use a pumpkin carving kit or knives specially designed for carving, as they are designed to not get stuck in the pumpkin.

*To read more of this article, contact the Enterprise office about an e-Subscription. 970-854-2811*

Holyoke Enterprise October 17, 2013