

# HALLOWEEN SAFETY TIPS: COSTUMES, MAKEUP AND COLORED CONTACTS

Whether your Halloween plans are for adults or kids, there's plenty to consider before choosing a costume, putting on makeup, and eating a bag full of treats. To help you and your loved ones enjoy a safe and happy Halloween, here are some tips from the U.S. Food and Drug Administration, the Consumer Product Safety Commission, and the Centers for Disease Control and Prevention.



## Costume Safety

- Wear costumes that say “flame resistant” on the label. If you make your costume, use flame-resistant fabrics such as polyester or nylon.
- Wear bright, reflective costumes or add strips of reflective tape so you'll be more visible; make sure the costumes aren't so long that you're in danger of tripping.
- Choose your “weapons” wisely. Make sure any toy swords, devil's forks, wands and knives are soft and flexible. It's easy for children to get excited about their character. So while they are flexing their imagination, make sure their props are safe and not harmful to others.

## Makeup



- Test the makeup you plan to use at least 24-48 hours in advance. Put a small amount on the arm of the person who will be wearing it. If a rash, redness, swelling, or other signs of irritation develop where the makeup was applied, that's a sign of a possible allergy.
- Vibrantly colored makeup is popular at Halloween. Check the FDA's list of color additives to see if the colors are FDA approved. If they aren't approved for their intended use, don't use them. This is especially important for colored makeup around the eyes.

## Colored Contact Lenses



- Don't wear decorative (colored) contact lenses that appear to change how your eyes look due to the risk of eye injury, unless you have seen an eye care professional for a proper fitting and been given instructions for how to use the lenses.
- Decorative contact lenses sold in costume stores or other retail stores without a prescription are illegal and could cause harm. These are contact lenses that have not been approved by the FDA for safety and effectiveness. Consumers should only use brand name contact lenses from well-known contact lens companies.

**FOR MORE INFORMATION ON HALLOWEEN SAFETY TIPS, VISIT:**  
[www.fda.gov/consumers/consumer-updates/halloween-safety-tips-costumes-candy-and-colored-contact-lenses](http://www.fda.gov/consumers/consumer-updates/halloween-safety-tips-costumes-candy-and-colored-contact-lenses)



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