

Follow these quick safety tips to ensure you have a healthy, enjoyable and safe Halloween night:

1. Check the noise level.

One out of 3 adults will host or attend a Halloween party this year. Safeguard against loud music by stepping out of the room for periodic ear breaks. As a general rule of thumb, music is too loud if someone needs to shout to be heard.

2. Use caution in the dark.

Remember that reflective gear isn't just for kids. If you're walking to or from a party, use a flashlight or wear brightly colored clothing so cars can see you. If you wear hearing aids, ensure your costume doesn't interfere with your devices.

3. Wear your hearing aids!

Nothing ruins fall fun like suddenly not being able to hear those around you. Lowering the volume on or neglecting to wear your hearing aids altogether could actually be dangerous. Not wearing your hearing aids could put you or others in danger, so remember to stay safe this fall.