

Safe and Healthy Easter Tips

Five tips to keep your family healthy and safe this Easter weekend



Easter, a joyful celebration for many, is quickly approaching. To ensure your family, friends and coworkers have a safe Easter holiday, keep the following safety tips in mind.

1) Be Mindful of Choking Hazards

Small candy and toys with small pieces are choking hazards for kids. To minimize choking risk, give out age-appropriate candy and toys and keep an eye on little ones at all times.

2) Practice Egg Safety

Eggs are a potentially hazardous food that can carry and spread disease-causing bacteria if not stored or cooked properly. To promote egg safety during your Easter celebration, put the following tips into practice:

- Always keep eggs refrigerated before boiling them for Easter decorating or painting.
- Don't eat or cook eggs that are cracked or have been unrefrigerated for more than two hours.
- If decorated eggs are left at room temperature for hours or days, do not eat them.
- Always wash your hands when handling eggs, especially between cooking, cooling and dyeing.

3) Hunt Safely

Plan a safe Easter egg hunt. Do not hide eggs near electrical outlets or light sockets, around glass, in plants that have thorns or in holes in the ground. Additionally, be mindful of children's age differences when planning egg hunts. If there is a risk of older, bigger children accidentally hurting smaller, younger children during the hunt, consider having separate egg hunts for different age groups.

4) Be Careful with Easter Critters

Avoid purchasing animals as Easter gifts. Chicks and bunnies may be cute and cuddly, but they can carry bacteria that can make your child sick. Children do not have fully developed immune systems, which means they face a higher risk of illness than adults. If your children

touch any type of pet, teach them to wash their hands before touching food or their eyes or mouth.

5) Keep animals safe

If your four-legged friends are joining in on the fun, be sure to keep chocolate, plastic, and anything else that shouldn't eat off the ground and out of their reach. Remind kids not to feed sweets to dogs.

6) Keep Food Allergies in Mind

Protect family members and friends who have food allergies. Candy that is free of dairy, peanuts and gluten is readily available at most grocery stores. Additionally, snacks like popcorn, gummy bears, and cheese crackers are great alternatives to products that contain chocolate or nuts.

For more Easter safety tips, speak with your health care provider.