Trick or Treat (Trick-or-treating)

Treat or Threat (Trick-or-treating) means you can get both or just one, depending on the situation. If you are going to be out and about, you may want to consider dressing as a character from a movie, book, or TV show. This way, people will know you are treating and not threatening.

Here are some tips to help you decide whether to treat or threaten:

- **Treat** if:
  - You are going to be at home or in a safe place where you can be sure people you know will be there.
  - You are going to be in a public place where you can control who comes to your door.
  - You are going to be in a place where you can easily escape if someone tries to hurt you.

- **Threaten** if:
  - You are going to be in a public place where you cannot control who comes to your door.
  - You are going to be in a place where you cannot easily escape if someone tries to hurt you.
  - You are going to be in a place where you will not be able to see who is coming to your door.

In any case, it is important to be aware of your surroundings and to take precautions to protect yourself.

**Safety Tips**

- Always go with an adult or a group of friends.
- Stay in a group and avoid isolated areas.
- Be aware of your surroundings and stay alert.
- Never go to a door that is locked or that you do not recognize.
- If you feel unsafe, go back inside and do not go to the door.

**Health Risks**

- Trick-or-treating can be a fun and healthy activity if you take precautions to reduce the risk of spreading COVID-19.
- Wear a mask and wash your hands frequently.
- Avoid touching your face and do not touch your food.
- Keep a safe distance from others.
- Avoid large crowds and limit the number of people you interact with.

**Additional Tips**

- Consider using a drive-thru or curbside pickup for trick-or-treating.
- Use technology to communicate with others, such as video chat or social media.
- Be creative and think outside the box when planning your trick-or-treating.