

THINGS TO DO



Jason Janik/Special Contributor

Stephanie Leichtle-Chalklen cuts an edible brain like one families can make during a Zoom baking session as they get a science lesson, too.

Think outside the bag

Halloween alternatives can be just as much fun as trick-or-treating

By **SARAH BLASKOVICH**
Staff Writer
sblaskovich@dallasnews.com

Traditional trick-or-treating — where your kids walk door-to-door, accepting candy from people they may or may not know — is considered a “higher risk

activity” by the Centers for Disease Control and Prevention. That’s a little scary, right?

Even though trick-or-treating is an outdoor activity, it’s not worth the potential exposure to COVID-19, says Dr. Erin Carlson, associate clinical professor and director of graduate public health

programs at the College of Nursing and Health Innovation at the University of Texas at Arlington. Here’s why: Children who trick-or-treat tend to travel in packs, which means more opportunities for the virus to spread, especially if they spend several hours together. Some kids might not wear a mask — or might not keep it on

all evening. And it’s tough for kids, especially younger ones, to adhere to social distancing guidelines.

“The simple act of one child going up to one door, we’re not really concerned about that,” Carlson says. “But child after child, door after door — that allows germs to linger and more