

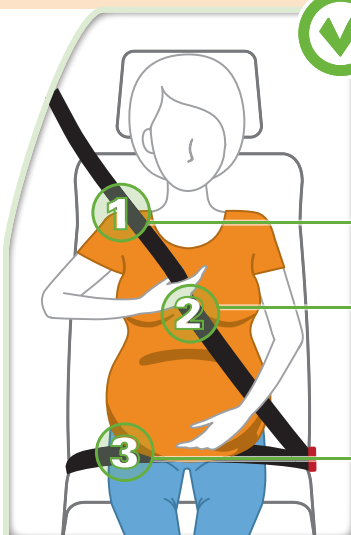
Car Safety During Pregnancy

Seat Belts

Buckling up through all stages of your pregnancy is the single most effective action you can take to protect yourself and your unborn child in a crash. NEVER drive or ride in a car without buckling up first!



RIGHT



SHOULDER BELT

away from your neck (but not off your shoulder) across your chest (between your breasts) be sure to remove any slack from your seat belt

LAP BELT

secured below your belly so that it fits snugly across your hips and pelvic bone

www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/pregnant-seat-belt-use.pdf

Airbags

Doctors recommend that pregnant women wear seat belts and leave air bags turned on. Seat belts and air bags work together to provide the best protection for you and your unborn child.



If you are in a crash, seek immediate medical attention (even if you think you are not injured, regardless of whether you were the driver or a passenger).

Parent and Caregiver Guide to Child Safety Seats

Many new parents and caregivers could use help in choosing and installing the correct car seat for their children. Vermont's **Be Seat Smart** program helps parents and caregivers in Vermont keep their children safe while riding in cars.

The **Be Seat Smart** website has information on:

- choosing and installing car seats
- fitting station appointments and what to bring
- assisting families with low-income in obtaining car seats
- frequently asked questions (FAQs)
- helpful links and contact information



Fitting Stations

Caregivers can find fitting stations near them and learn about scheduling an appointment using the **Be Seat Smart** website. At a fitting station appointment, a child passenger safety technician will assist you with:

- fitting your child in the seat
- installing the seat in your vehicle
- give you information about how to check your seat to make sure your child is safe for every ride.

For more information:

www.beseatsmart.org

1-888-VMT-SEAT

1-888-868-7328