

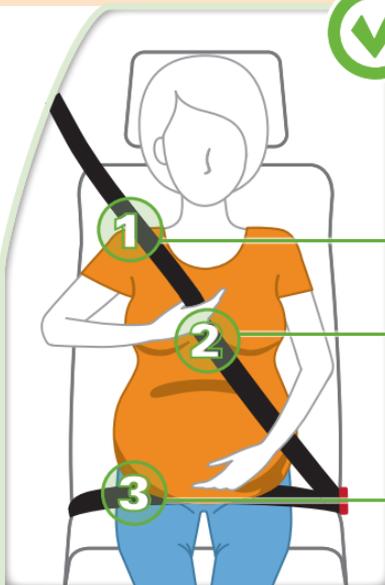
Car Safety During Pregnancy

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

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

- Assistance station appointments and what to bring.
- How low-income Vermonters can find help with obtaining a car seat.
- Frequently asked questions (FAQs).
- Helpful links and contact information.



Do you need help with your car seat?

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

- Installing a seat in your vehicle.
- Harnessing your child in your vehicle.
- 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

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