

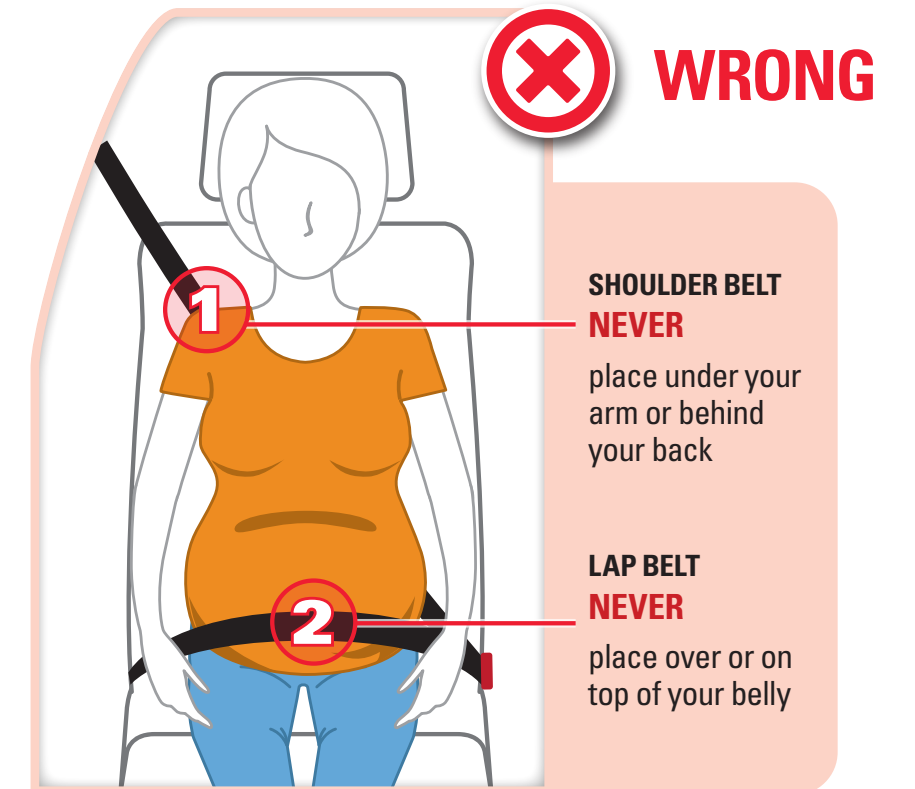
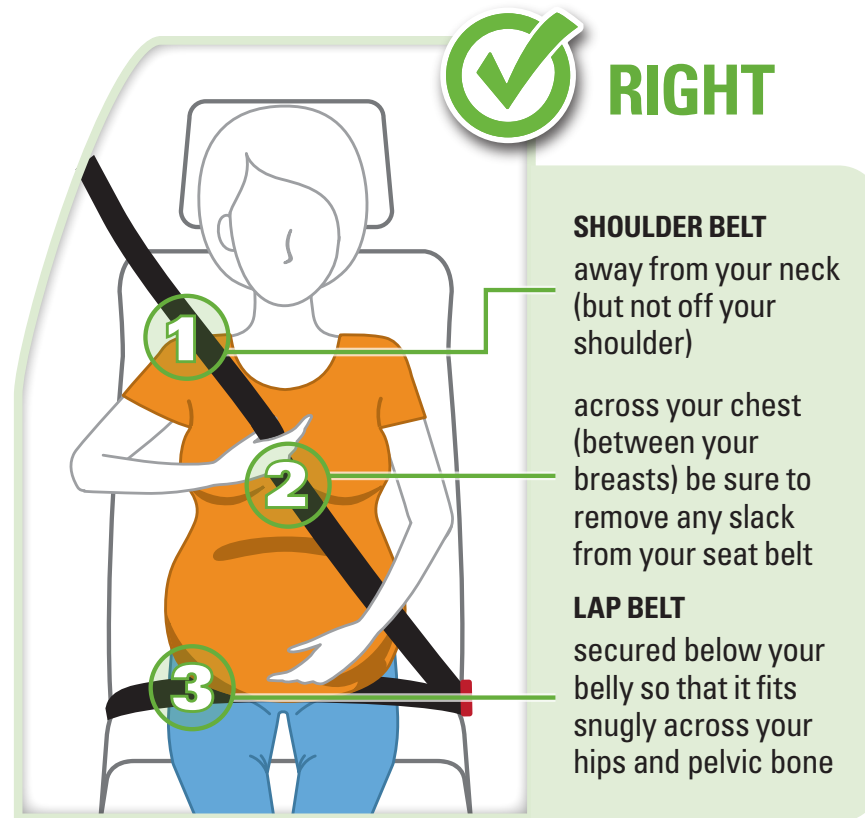
# IF YOU'RE PREGNANT SEAT BELT RECOMMENDATIONS FOR DRIVERS AND PASSENGERS

## I'M PREGNANT. SHOULD I WEAR A SEAT BELT?

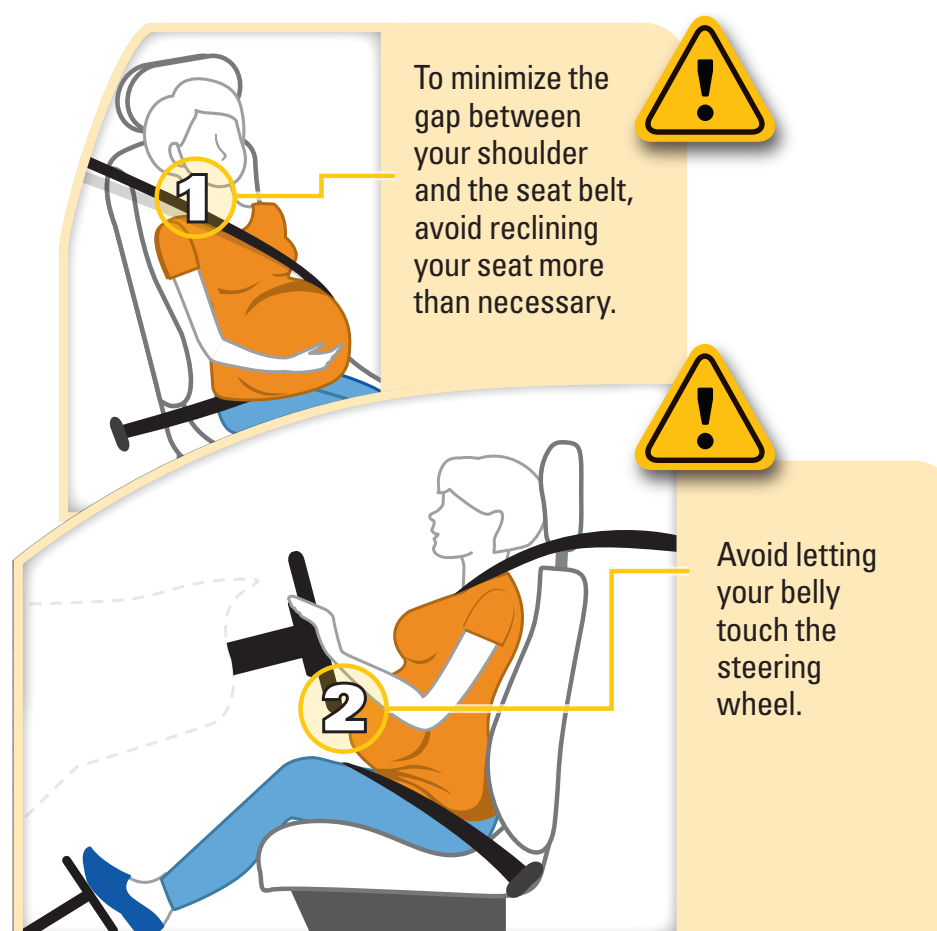
**YES**—doctors recommend it. Buckling up through all stages of your pregnancy is the **single most effective** action you can take to protect yourself and your unborn child in a crash.

**NEVER** drive or ride in a car without **buckling up** first!

## WHAT'S THE RIGHT WAY TO WEAR MY SEAT BELT?



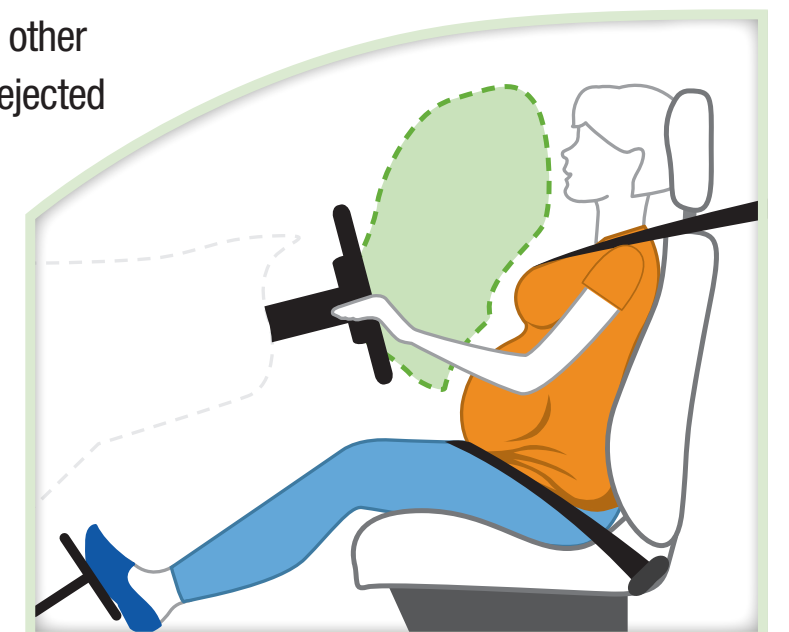
## SHOULD I ADJUST MY SEAT?



## WHAT IF MY CAR OR TRUCK HAS AIR BAGS?

**You still need to wear your seat belt properly. Air bags are designed to work with seat belts, not replace them.**

Without a seat belt, you could crash into the vehicle interior, other passengers, or be ejected from the vehicle.

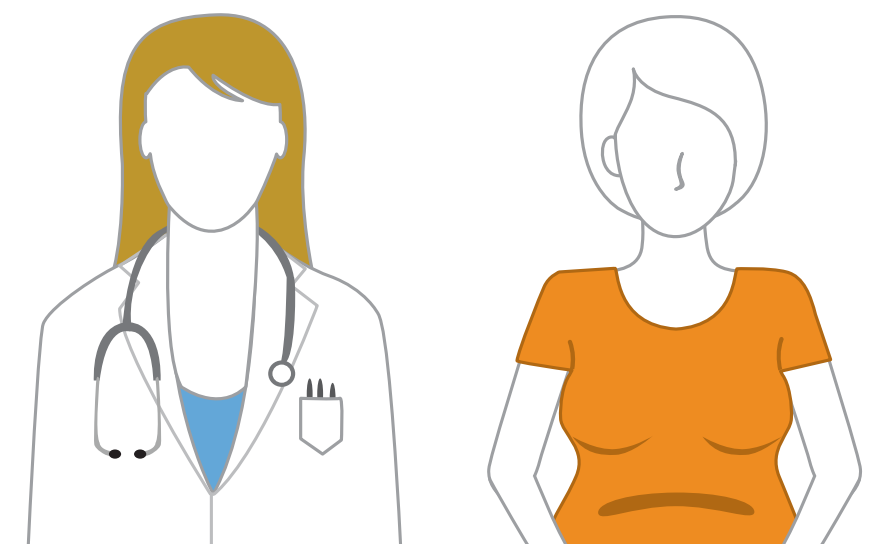


## MY CAR HAS AN ON-OFF AIR BAG DISABLING SWITCH. SHOULD I TURN IT OFF?

**NO.** 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.**

## WHAT SHOULD I DO IF I AM INVOLVED 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.



**FOR MORE INFORMATION, VISIT NHTSA.GOV**



U.S. Department of Transportation  
**National Highway Traffic Safety Administration**

