

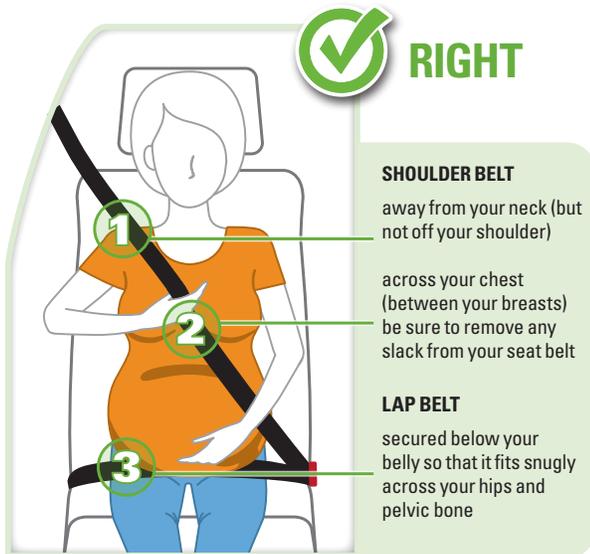
IF YOU'RE PREGNANT SEAT BELT RECOMMENDATIONS FOR DRIVERS AND PASSENGERS

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

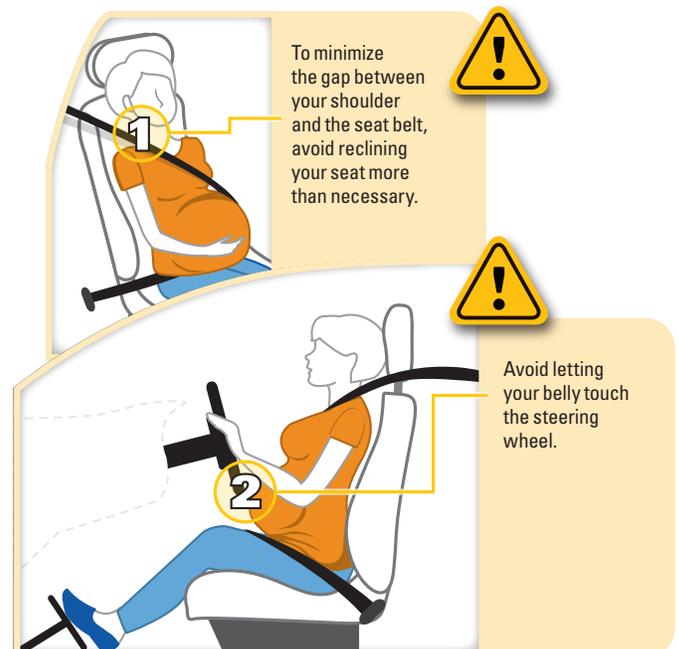
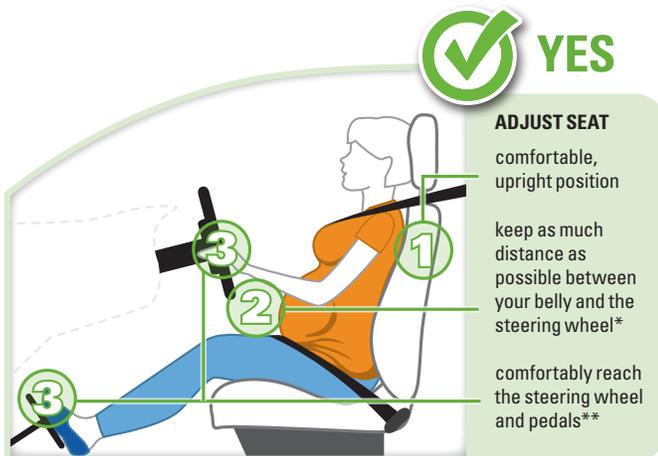
YES—doctors recommend it. Buckling up through all stages of your pregnancy is the **single most effective** action you can take to protect yourself and your unborn child in a crash.

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?



* If you need additional room, consider adjusting the steering wheel or having someone else drive, if possible.

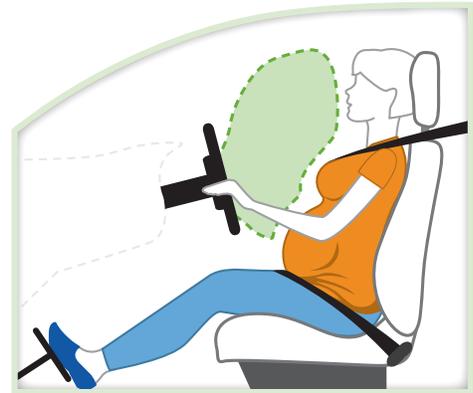
** If you're a passenger, move your seat back as far as possible.

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/CARSEAT](https://www.nhtsa.gov/carseat)

