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?

**RIGHT**

1. **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

2. **LAP BELT**
   - secured below your belly so that it fits snugly across your hips and pelvic bone

**WRONG**

1. **SHOULDER BELT**
   - never place under your arm or behind your back

2. **LAP BELT**
   - never place over or on top of your belly

SHOULD I ADJUST MY SEAT?

**YES**

1. **ADJUST SEAT**
   - comfortable, upright position
   - keep as much distance as possible between your belly and the steering wheel*

2. **SHOULDER BELT**
   - comfortably reach the steering wheel and pedals**

**WARNING**

- To minimize the gap between your shoulder and the seat belt, avoid reclining your seat more than necessary.
- Avoid letting your belly touch the steering wheel.

* 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.
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.