

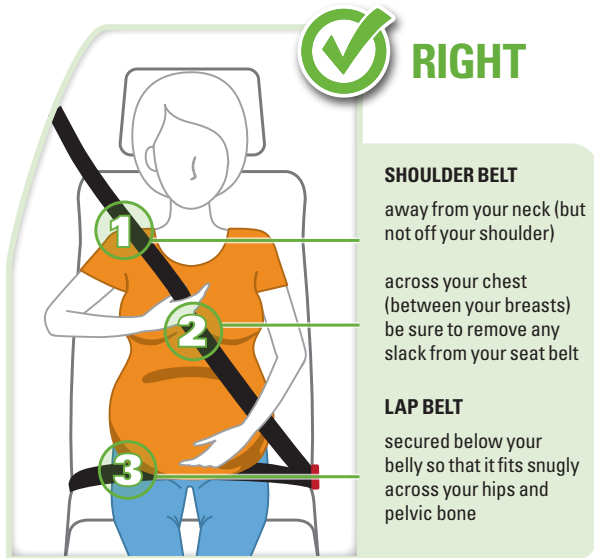
# IF YOU'RE **PREGNANT** SEAT BELT RECOMMENDATIONS FOR DRIVERS AND PASSENGERS

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

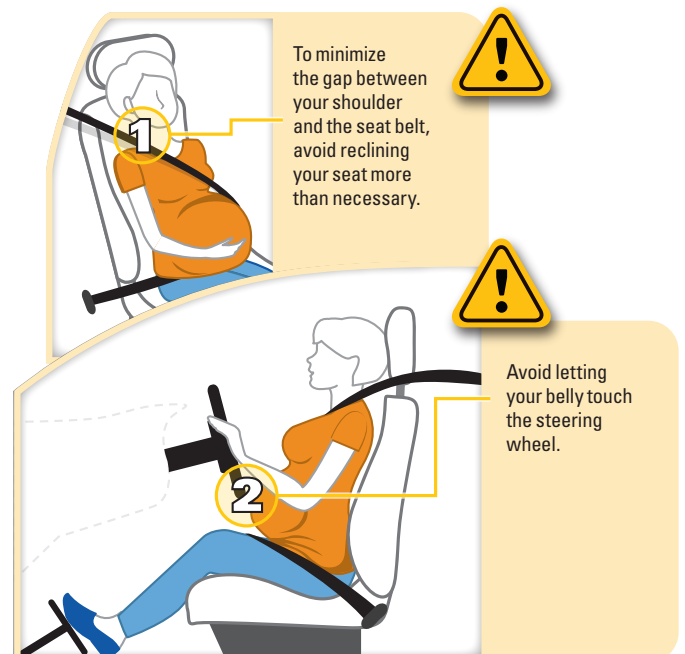
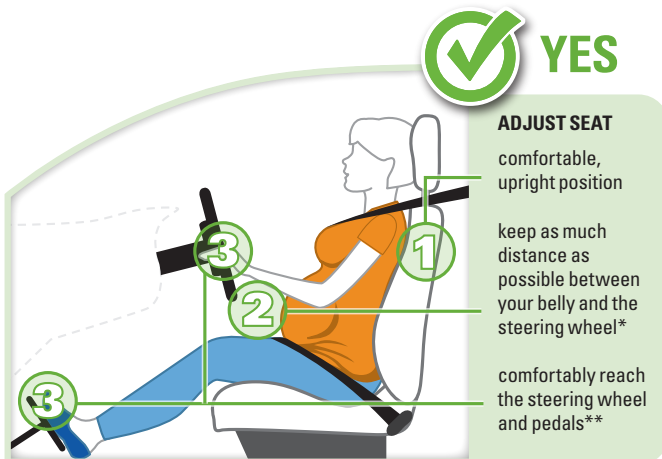
**YES**—doctors recommend it. Buckling up through all stages of your pregnancy is the **single most effective** action you can take to protect yourself and your unborn child in a crash.

**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.