**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?**

- **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

**WRONG**

- **SHOULDER BELT** NEVER place under your arm or behind your back
- **LAP BELT** NEVER place over or on top of your belly

**SHOULD I ADJUST MY SEAT?**

**YES**

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

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

**WHAT 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.

**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**