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**

- **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**

- **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.**

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* 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.

**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.

Seek immediate medical attention, even if you think you are not injured, regardless of whether you were the driver or a passenger.

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