Don't forget, YOU'RE BUCKLING UP for two NOW!

"If I'm pregnant, should I use my safety belt?"

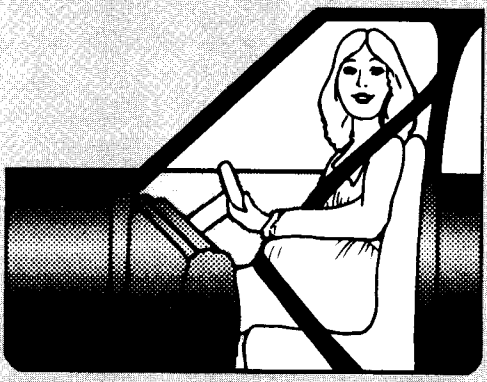
YES! Safety experts have studied crashes involving pregnant women and found safety belts are still the best protection for you and your baby.

IN FACT

The best way to protect an unborn child is to protect the mother. When a seat belt is worn properly, it's more likely that the baby won't be hurt. For pregnant women, as for anyone, the key to making seat belts effective is knowing how to wear them properly.

"And what about when my stomach gets large — how will a safety belt fit around it?"

Seat belts work best for all passengers, including pregnant women, when they are positioned over the strong bony parts of the body, where stresses are best absorbed.



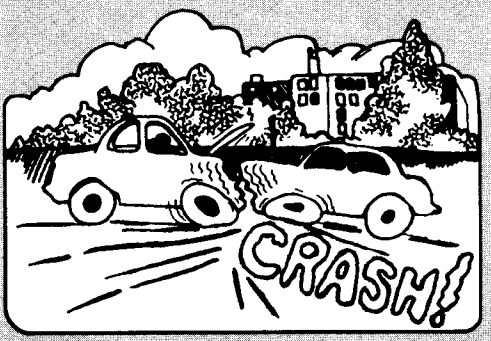
1. Seats should be upright. Extend the latch plate and belt as far as you can, attaching the buckle until it clicks. If a longer belt is needed, extenders are available from automobile dealers, frequently at no cost.

2. Position the lap belt as low on your hips as possible, under the abdomen and unborn child. It should settle snugly around your hip and pelvic bones and across your upper thighs. There should be no slack in the lab belt portion. Refer to your owner's manual for more information.

3. Position the shoulder belt over your shoulder, collar bone and down across your chest. Many cars offer a comfort feature in this system that will allow a small amount of slack. It works like a window shade. Pull the belt out at least five inches and let it retract. Pull it out again about an inch and release.*

***Since seat belt mechanisms vary, please consult your owner's manual.**

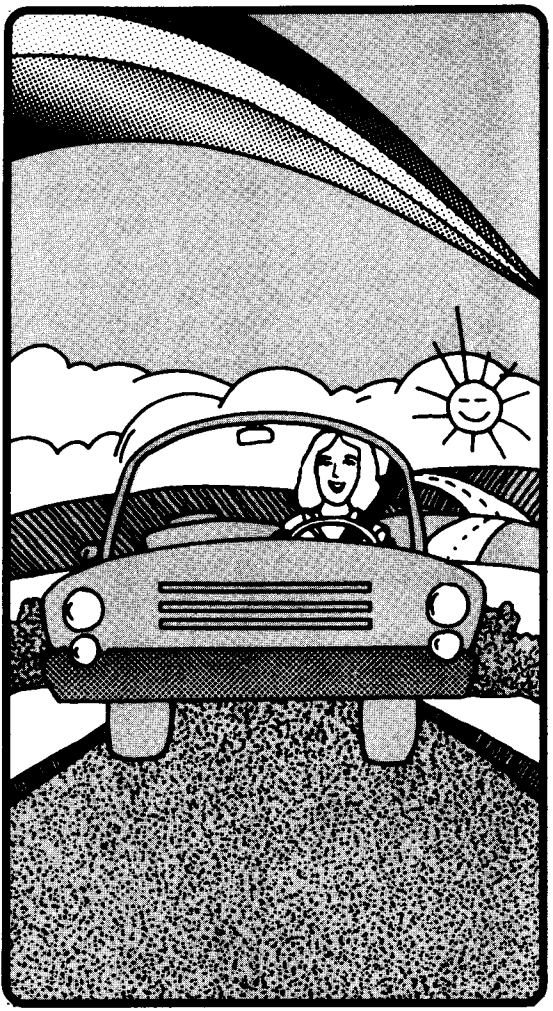
"Since I'm driving more carefully now that I'm pregnant, I don't have to worry about being involved in a crash."



WRONG!

You may be an excellent driver, but if a crash occurs, you and your family can be in jeopardy. Just because you are a good driver does not protect you from events beyond your control or from poor drivers.

Most crashes occur within 25 miles of home. And the greatest number of serious injuries and deaths occur at speeds of less than 40 MPH. You owe it to yourself and your family to protect yourselves from the overly aggressive driver, the reckless driver and the alcohol or drug impaired driver.



...So why take a chance?

Protect yourself and your baby...fasten your safety belt every time you are in a car!

And when you have your baby, don't forget to use a car safety seat on every ride...

Starting on the trip home from the hospital.

CHILD PASSENGER SAFETY

The Child Passenger Safety Law requires that **ALL CHILDREN** under the age of 18 riding in a motor vehicle must be restrained and properly fastened in an approved seat or safety belt. Any person who violates the provisions of this law shall be guilty of a violation and maybe subject to a fine of up to $500.

Exceptions:

1) Children riding in vehicles for hire,
2) Children riding in a school bus, an antique motor car or motorcycle,
3) If the child's physical condition prevents the use of restraints.

For information about the law, car seats or seat loaner programs contact your local police department or the N.H. Highway Safety Agency (603) 271-2131.

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