

Kwambara umukandara wo mu modoka

Ngomba kwambara umukandara wo mu modoka?

- Yego. Kwambara umukandara wo mu modoka uko bikwiye ni ikintu cy'ingenzi ushobora gukora kugira ngo wowe n'uruhinja utwite mutekane.

Ni gute ngomba kwambara umukandara wo mu modoka unkwiriye neza?

- Shyira igice cy'umukandara wo mu modoka kijya ku matako munsu y'aho inda yawe ikatiye kugira ngo umukandara wo mu modoka ugere ku matako yawe.
- Ambarira umukandara wo mu modoka ku ruhande rw'inda yawe kandi unyure hagati y'agatuza kawe n'inkoro.

Ni gute ngomba gufunga neza umukandara wo mu modoka?

- Icara wegamyeye kugira ngo haboneke umwanya hagati y'inda yawe na vora, ariko ukore ku buryo ushobora gukandagira aho bongerera umuvuduko n'aho bafatira feri ukageza hasi.
- Gerageza kutaryamisha intebe kurusha ibikenewe. Icara wemye ku buryo buguha amahoro.

N'iki ngomba gukora ku byerekeye udufuka tundinda mu gihe cy'impanuka?

- Hindukiza vora yawe kugira ngo agafuka kakurinda mu gihe cy'impanuka kabe kareba agatuza kawe, ntikarebe inda cyangwa isura yawe.
- Hindura intebe yawe kugira ngo byibuze ibe iri muri inshi icumi (cm 25) z'umwanya hagati y'agafuka kakurinda mu gihe cy'impanuka n'agatuza kawe.

Nakora iki ndamutse nkoze impanuka?

- Shaka ubuvuzi ku buryo bwihuse kandi ubimenyeshe umuganga uvura umubyeyi utwite, nubwo waba utakomeretse.



Seat Belt Use During Pregnancy

Should I wear my seat belt?

- Yes. Wearing your seat belt properly is the most important thing you can do to keep you and your baby safe.

How should my seat belt fit?

- Place the lap belt under the curve of your belly so the belt rests on your hips.
- Wear the shoulder belt to the side of your belly and diagonally across the center of your chest and collar bone.

How should I adjust my seat?

- Sit back to provide space between your belly and the steering wheel, but be sure you can reach the pedals safely.
- Try not to recline the seat more than necessary. Sit in a comfortable upright position.

What should I do about my airbags?

- Tilt your steering wheel so the airbag is directed towards your chest, not your belly or your face.
- Adjust your seat to keep at least ten inches of space between the airbag and your chest.

What should I do if I am in a crash?

- Seek immediate medical attention and notify your prenatal care provider, even if you do not feel injured.

For more information, please visit www.hcpvs.org

