

Isticmaalka Suunka Gaadhiga Wakhtiga Uurka

Ma in aan xidhaa suunka gaadhiga?

- Haa. Inaad suunka gaadhiga u xidhato si wanaagsan ayaa ah shayga ugu muhiimsan ee aad amaankaaga iyo amaanka ilmahaaga ku sugayso.

Sidee ayay tahay inaan u xidho suunka gaadhigayga?

- Waxa aad suunka hoos marisaa calooshaada si markaa suunka uu ugu fadhiisto misgahaaga.
- U xidho suunka garbaha adiga oo garab marinaya calooshaada oo marinaya badhtanka laabtaada iyo lafta kaxanta.

Sidee ayey tahay inaan u hagaajisto kursigayga?

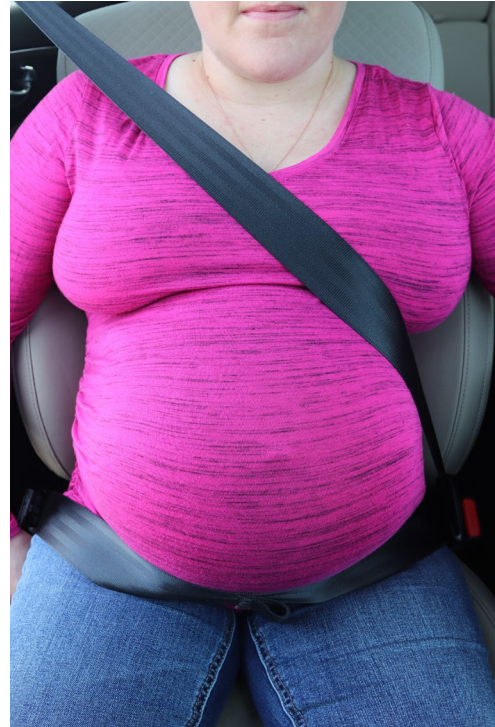
- Dib u fadhiiso si fakaag aad ugu samayso inta u dhaxaysa calooshaada iyo isteerinka, laakiin waxa aad xaqiijisaa inaad gaadhayso beedhaalada.
- Isku day in aanad tiirsiga kursiga fogaynin in ka badan inta loo baahan yahay. U fadhiiso si wanaagsan oo toosan.

Maxay tahay in aan ku sameeyo eerbaagayga?

- Isteerinka kor u qaad si markaa eerbaagu uu ugu beegmo laabtaada, aan ahayn calooshaada ama wajigaaga.
- U habee kursigaaga qaab ugu yaraan toban inji ay ugu dhaxayso eerbaaga iyo laabtaada.

Maxaan samaynayaa hadii aan shil galo?

- Isla markaba doono daryeel caafimaad oo u sheeg daryeel bixiyahaaga uurka, xataa hadii aanad u arkin in aanad dhaawacmin.



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

