

Matumizi ya Mikanda ya Usalama Wakati wa Ujauzito

Je, ninafaa kufunga mkanda wangu wa usalama?

- Ndiyo. Kufunga mkanda wako wa usalama inavyofaa ndilo jambo muhimu zaidi unaloweza kufanya ili kuhakikisha usalama wako na mtoto wako.

Mkanda wangu wa usalama unapaswa kufungwa vipi?

- Weka mkanda wa mapaja chini ya mpindo wa tumbo lako ili mkanda ulalie nyonga zako.
- Funga mkanda wa bega kutoka kwenye upande wa tumbo lako na kimshazari kupitia katikati mwa kifua chako hadi kwenye mtulinga.

Ninapaswa kurekebisha mkao wa kiti changu vipi?

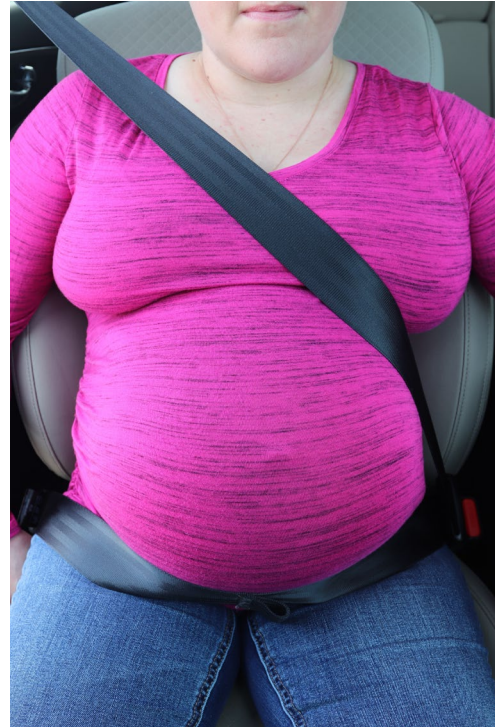
- Kaa kitako ili kuacha nafasi kati ya tumbo lako na gurudumu la usukani, lakini hakikisha kwamba unaweza kusukuma pedali hadi kwenye sakafu ya gari.
- Epuka usinyooshe kiti zaidi ya inavyohitajika. Keti wima kwa kujistarehesha.

Ninapaswa kufanya nini kuhusu mifuko yangu ya hewa?

- Rekebisha gurudumu lako la usukani ili kuelekeza mfuko wa hewa kwenye kifua chako, wala sio kwenye tumbo au uso wako.
- Rekebisha mkao wa kiti chako ili kuacha nafasi ya angalau inchi kumi kati ya mfuko wa hewa na kifua chako.

Ninapaswa kufanya nini nikipata ajali?

- Tafuta matibabu mara moja na umjulishe mhudumu anayekupa huduma za kabla ya uzazi, hata kama huhisi kwamba umeumia.



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

