

# Protect Our FUTURE

Use child safety seats  
on every ride.

## The Facts

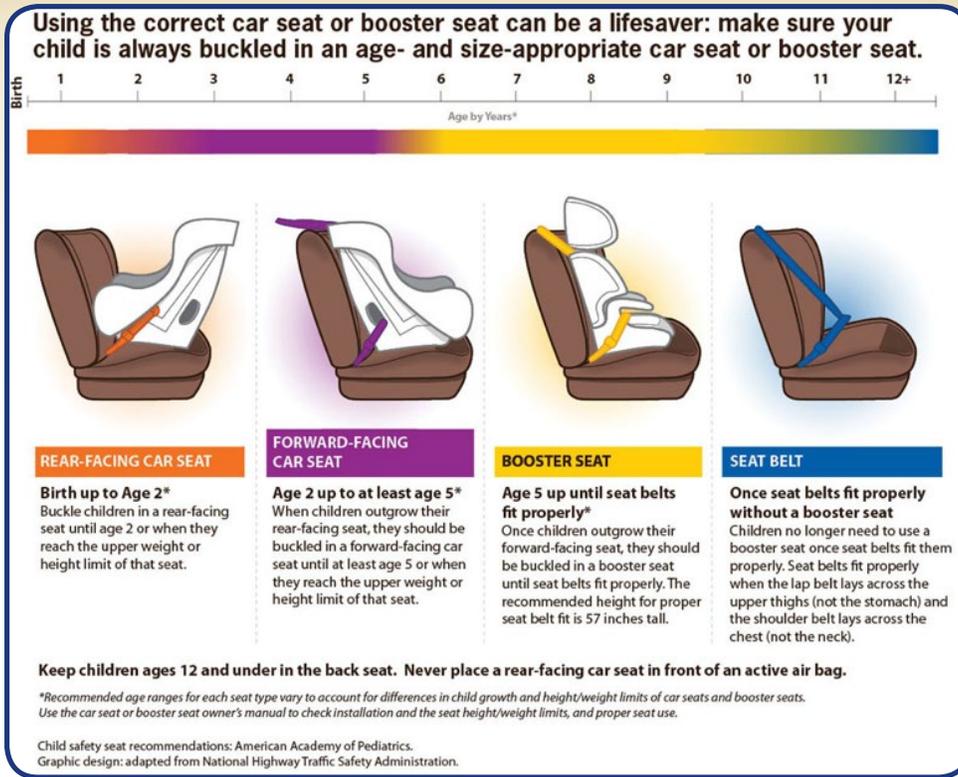
- ◆ Among children aged 0–12, American Indian and Alaska Native children have the highest traffic death rate of all racial/ethnic groups in the United States.<sup>1</sup>
- ◆ More than half of car seats and booster seats are not used correctly. If the seat isn't installed the right way, or you're using the wrong type of seat for your child's age, height, or weight, your child is not as safe as he or she could be.<sup>2</sup>
- ◆ Using age- and size-appropriate car seats, booster seats, and seat belts significantly reduce the risk of injury and death among children in a crash.

## Help Keep Yourself and Your Loved Ones Safe

You can help keep yourself and your loved ones safe by:

- ◆ Using a car seat, booster seat, or seat belt on every trip, no matter how short.
- ◆ Finding the right car seat or booster seat for your child's age, height, and weight. See the chart below for tips.
- ◆ Getting help installing a car or booster seat from a certified child passenger safety technician.
- ◆ Properly buckling children aged 12 and under in the back seat. The back seat is safest for children.
- ◆ Never placing a rear-facing car seat in front of an airbag. Airbags can injure or kill small children riding in the front seat.
- ◆ Not using traditional baby carriers (such as cradleboards) in place of a car seat. Traditional carriers do not keep children safe in cars or trucks.
- ◆ Always wearing a seat belt when pregnant. Be sure to wear the lap belt below your belly. Place the shoulder belt across your chest—never behind the back, under the arm, or across the stomach.<sup>3</sup>





Do you need help choosing or installing your car seat? Find a child passenger safety technician at [cert.safekids.org](http://cert.safekids.org) for assistance.

## Learn more at

[www.cdc.gov/MotorVehicleSafety/Native](http://www.cdc.gov/MotorVehicleSafety/Native) or call 1-800-CDC-INFO  
[www.cdc.gov/vitalsigns/childpassengersafety](http://www.cdc.gov/vitalsigns/childpassengersafety)

## References

1. CDC. Web-based injury statistics query and reporting system. Atlanta, GA: U.S. Department of Health and Human Services, CDC; 2015. Available at <http://www.cdc.gov/injury/wisqars>. Accessed March 13, 2015.
2. Lapidus J, Lutz T, Ebel B, Bigback K, Smith N. Native children always ride safe (Native CARS): Aggregate report. Portland, OR: Northwest Portland Area Indian Health Board, December 2009.
3. National Highway Traffic Safety Administration. Seatbelts and pregnancy brochure, 2002. Available at <http://www.safercar.gov/parents/SeatBelts/Pregnancy-Seat-Belt-Safety.htm>. Accessed May 27, 2015.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention



The Centers for Disease Control and Prevention's National Center for Injury Prevention and Control and the Indian Health Service Injury Prevention Program work in partnership with American Indian/Alaska Native communities to implement proven programs.

## Local Information

