

## Advice for Pregnant Women While in a Car

Traveling by car is common during pregnancy, but it's important to prioritize safety and comfort for both mother and baby. Here's a quick guide with essential advice:

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### 1. Always Wear Your Seat Belt Properly

- **Three-Point Seat Belt:** Use both lap and shoulder belts.
  - **Lap Belt:** Position it **under the belly**, low on the hips, and across the upper thighs. It should never go across your stomach.
  - **Shoulder Belt:** Place it **between the breasts** and to the side of your belly.
  - **Never Place Belt Behind Back or Under Arm:** This reduces its effectiveness and can be dangerous.
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### 2. Adjust Your Seat for Maximum Comfort and Safety

- **Sit Upright:** Maintain a good posture—back straight, shoulders relaxed.
  - **Distance from Steering Wheel/Airbag:** Adjust the seat so you're as far from the dashboard/steering wheel as possible, but still able to drive comfortably.
  - **Tilt Steering Wheel Upwards:** If possible, angle the steering wheel towards your chest, not your belly.
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### 3. Take Frequent Breaks for Long Journeys

- **Every 60-90 Minutes:** Stop and get out to stretch legs and walk a little. This improves circulation and reduces risk of blood clots.
  - **Hydrate and Snack:** Drink plenty of water and eat light snacks to avoid dehydration and low blood sugar.
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### 4. Manage Nausea and Discomfort

- **Travel During Cooler Hours:** Early morning or evening can help avoid heat and traffic.
  - **Fresh Air:** Crack a window or use air conditioning for ventilation.
  - **Motion Sickness:** Bring ginger candies, anti-nausea wristbands, or other remedies advised by your doctor.
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## 5. Know When Not to Drive

- **Heavy Contractions or Pain:** Do not drive if you are experiencing labor signs, severe pain, or feeling unwell.
  - **Medical Complications:** If advised by your doctor to avoid travel (preterm labor risk, high blood pressure, etc.), strictly follow their guidance.
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## 6. Emergency Preparedness

- **Phone Charged:** Keep your phone fully charged and within reach.
  - **Emergency Numbers:** Have emergency contact and hospital numbers saved.
  - **Medical Records:** Carry a copy of your pregnancy-related medical records, especially for long trips.
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## 7. Airbags

- **Do Not Deactivate:** Airbags are important for safety; keep them on.
  - **Proper Positioning:** Keep as much distance between you and the airbag as possible while still able to drive safely.
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## 8. Avoid Risky Driving Conditions

- **Heavy Traffic or Long Night Drives:** Try to avoid driving under stressful or poorly lit conditions.
  - **Weather Hazards:** Postpone travel in heavy rain, storms, or fog whenever possible.
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## 9. Get Immediate Medical Attention If:

- You are in a car accident, no matter how minor.
  - You notice any vaginal bleeding, contractions, loss of fluid, or abnormal pain after travel.
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**Stay Safe – Your comfort and your baby’s safety come first! If in doubt, consult your physician before traveling.**

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*For any issues with your car's safety features or to arrange custom seatbelt accessories, contact your local Avento Motors Service Center.*