



A MINUTE OF HEALTH WITH CDC

Restrain Yourself

Click It or Ticket Campaign – May 18-31, 2015

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Improve your chances of surviving a car crash by wearing a seat belt. In 2013, approximately 21,000 drivers and passengers in the U.S. died in a car crash. Nearly half were not buckled up. An additional 2.4 million people were treated in emergency departments for crash injuries. Wearing seat belts is not only the smart thing to do, in most states, it's the law. Drivers and passengers can be ticketed for not buckling up. To reduce your chances of serious injury and even death, and to avoid a potential fine, buckle up every time you're in a motor vehicle. Every trip, every seat.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.