



A MINUTE OF HEALTH WITH CDC

Buckle Up

Click It or Ticket Campaign—May 23-June 5, 2016

Recorded: May 24, 2016; posted: May 26, 2016

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

In the United States, more than 21,000 drivers and passengers were killed in motor vehicle crashes in 2014. Half were unrestrained. Seat belts or age- and size-appropriate child restraints are the *most* effective ways to prevent serious injury or death in a crash, reducing the risk by about half.

Nearly all states now require seat belt use, and law enforcement agencies are strictly enforcing the laws. To decrease your chance of serious injury or death, and avoid a costly fine, make sure everyone in your vehicle is buckled up on every trip.

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.