



A CUP OF HEALTH WITH CDC

Kids in Cars

National Child Passenger Safety Week — September 13-19, 2015

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

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Even if you are a safe, experienced driver, accidents can happen at any time. Young children are especially at risk for injury and death in a motor-vehicle crash.

Dr. Erin Sauber-Schatz is a researcher with CDC's National Center for Injury Prevention and Control. She's joining us today to discuss the importance of keeping children properly restrained in motor vehicles.

Welcome to the show, Erin.

[Dr. Sauber-Schatz] Thank you.

[Dr. Gaynes] Erin, how many children are killed or injured each year in a motor-vehicle crash in the US?

[Dr. Sauber-Schatz] In 2013, 638 children age twelve and under died in a crash. And over 127,000 were injured.

[Dr. Gaynes] How effective have child safety seats and other safety devices been in preventing injuries and deaths among children?

[Dr. Sauber-Schatz] Car seats and booster seats are very effective at preventing injury and death in a crash. But the most effective seat is the one that parents use to buckle the kids on every drive.

[Dr. Gaynes] Where's the safest place for children to ride in a car?

[Dr. Sauber-Schatz] The backseat is the safest place for children to ride in a car buckled in an age and size appropriate car seat, booster seat, or seatbelt.

[Dr. Gaynes] How long should a child ride in a safety seat?

[Dr. Sauber-Schatz] Children should use a car seat until they are at least 5 years old and a booster seat until the adult seat fits properly. The adult seat fits properly when the lap belt lays across the upper thighs, not the stomach, and the shoulder belt lays across the shoulder not the neck.

[Dr. Gaynes] Erin, where should parents go in their community to get help installing and using car seats?

[Dr. Sauber-Schatz] Parents can get one on one help, free of charge, from a certified child passenger safety technician. You can find a tech near you at [cert \(c-e-r-t\).safe kids.org](http://cert(c-e-r-t).safekids.org) and click on *Find a Tech*. Another option is to check with your local police or fire department.

[Dr. Gaynes] Erin, where can listeners get more information about restraining children properly in motor vehicles?

[Dr. Sauber-Schatz] Listeners can go to cdc.gov and type in the search box *child passenger safety*.

[Dr. Gaynes] Thanks, Erin [PAUSE]

I've been talking today with CDC's Dr. Erin Sauber-Schatz about the importance of keeping kids safe in a motor vehicle.

Remember, for children under the age of 13, properly restrain them in the back seat. If you're unsure about how to install or use car seats, check with your local police or fire department.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

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