

# Protect Your Head!

Wear a **seat belt** when you ride in a motor vehicle and never drive under the influence of alcohol or drugs.

Wear a **helmet** when you ride a bike, motorcycle, or scooter and wear appropriate head gear when playing a contact sport.

## **Protect older adults from falling.**

Talk to your doctor to evaluate your risk and ask for specific guidance to reduce your risk.

**Make living and play areas safer** for keiki by installing window guards and safety gates in your home.

