

# PREVENTION

**Wear your seat belt**

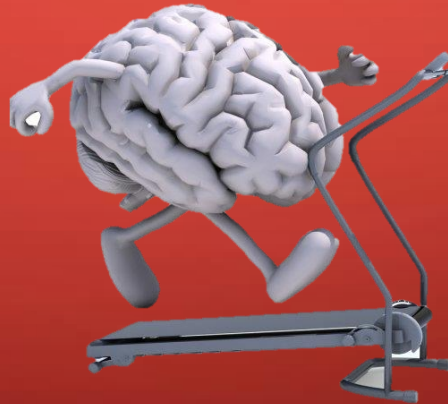
**Don't text or use a cell phone while driving**

**Don't drive under the influence of alcohol or drugs**

**Wear a helmet**

**For younger children:**

- **Use safety gates at bottom and top of stairs**
- **Use playgrounds with shock absorbing materials**
- **Install window guards to prevent falls**
- **Don't let children play in balconies or fire escapes**



**For older adults:**

- **Install handrails**
- **Improve lighting**
- **Remove tripping hazards**
- **Use nonslip mats in bathtub and bathroom floor**