



BE SAFE:

# Prevent Motor Vehicle Crashes



Did you know there are practical steps you can take to be safe? It is important to be safe and protect yourself from motor vehicle crashes. Read below to learn more about how to prevent motor vehicle crashes.

## Are Veterans more likely to be in motor vehicle crashes?

- Motor vehicle crashes are the leading cause of death in Veterans in the early years after they return home from deployment.
- Your military experiences may have taught you not to use seat belts. In civilian driving, seat belts can reduce your and your loved ones' chances of injury or death from a motor vehicle accident. Wear a helmet if you drive a motorcycle, even if your state's laws do not require it.

## How do I prevent motor vehicle crashes and injuries?

- Don't drive while under the influence of alcohol or drugs or when sleep deprived, or ride with somebody who is. Driving while impaired by drugs, alcohol, or sleep loss is dangerous and causes more than half of all motor vehicle crashes.
  - Don't text or talk on a cell phone while driving. Before using a cell phone, pull far over to the side of the road away from traffic.
  - Ask your health care team if you are taking any medications that can slow down your reaction time and put you at risk for motor vehicle crashes.

## FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion & Disease Prevention: [www.prevention.va.gov](http://www.prevention.va.gov). Go to the *Healthy Living* tab and choose "Be Safe"
- Veterans Health Library: [www.veteranshealthlibrary.org](http://www.veteranshealthlibrary.org), search "safe driving"

If you have questions about how to make healthy living changes, please talk with your health care team.

A Better Way to  
**LIVE**

*Talk with your  
health care team  
about your goals.*