

#2 MAR

\$0.00 FREE

GUARDIANS OF ROADWAY SAFETY

# MAYA & MATEO



# TIPS FOR HEAT AND SEATBELT SAFETY!

#1

**NEVER LEAVE PETS OR PEOPLE IN A LOCKED CAR** – the temperature inside can quickly become dangerous!

#2

**SCHEDULE OUTDOOR ACTIVITIES SAFELY** – pick the coolest times of the day when possible, and always remember to take breaks often to rest and cool off.

#3

**ALWAYS WEAR SUNSCREEN AND STAY HYDRATED** when playing outside. Keep water nearby and drink often, even if you don't feel thirsty.

#4

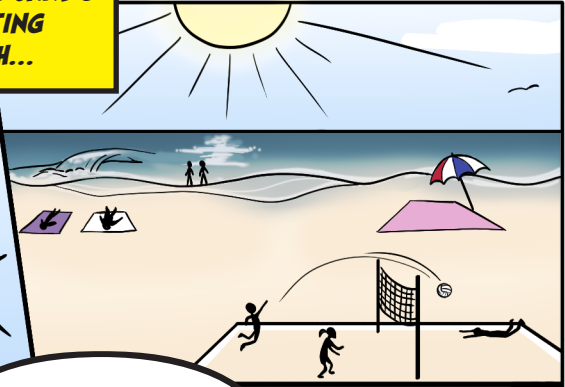
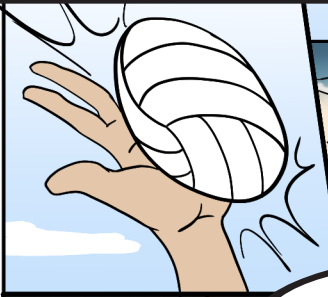
**ALWAYS FASTEN SEATBELT PROPERLY BEFORE THE VEHICLE MOVES.**

- a. A properly fitted shoulder belt should lie snugly across the center of the chest and shoulder; it should not lie on your neck or be slipping off your shoulder.
- b. Lap belts should lie snugly across the upper thighs or low on your hips, not on your stomach.
- c. Make sure younger siblings in car seats are secured properly first

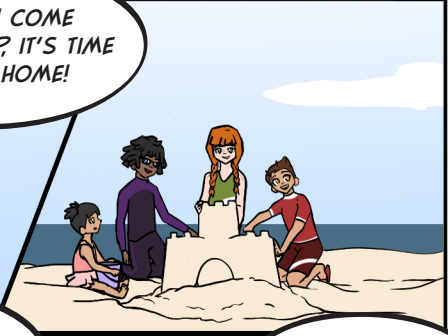
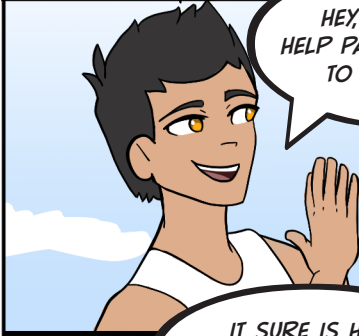
#5

**LEARN THE SIGNS OF HEAT-RELATED ILLNESS AND KNOW WHEN TO CALL FOR HELP.** For more information, you can visit <https://www.cdc.gov/disasters/extremeheat/warning.html>

**ONE SUNNY AFTERNOON, EDUARDO AND HIS FRIENDS ARE GETTING READY TO LEAVE THE BEACH...**



HEY, KIDS! COME HELP PACK UP, IT'S TIME TO HEAD HOME!



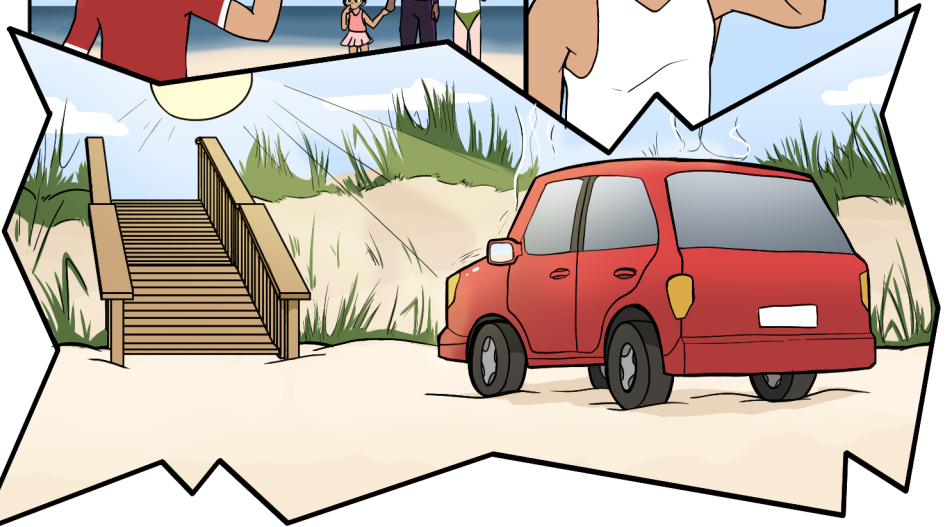
IT SURE IS HOT. CAN WE GET ICE CREAM ON THE WAY HOME?



YEAH!



WE'LL SEE, KIDDO.





OW!

OOF! IT'S HOT IN THERE.

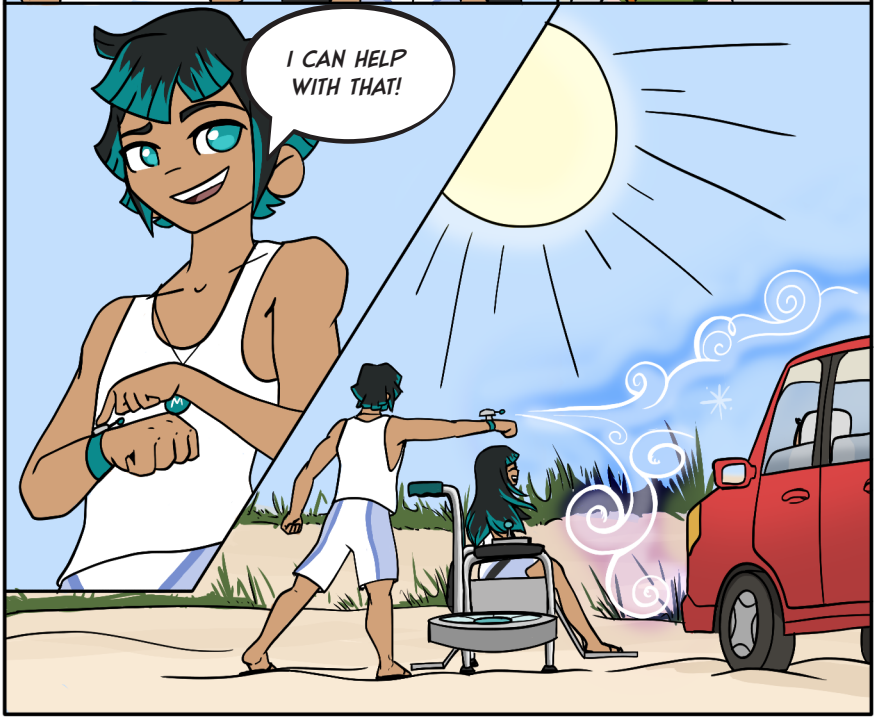
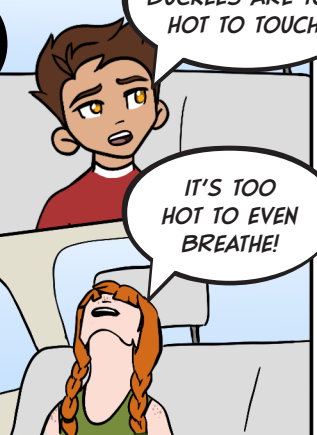
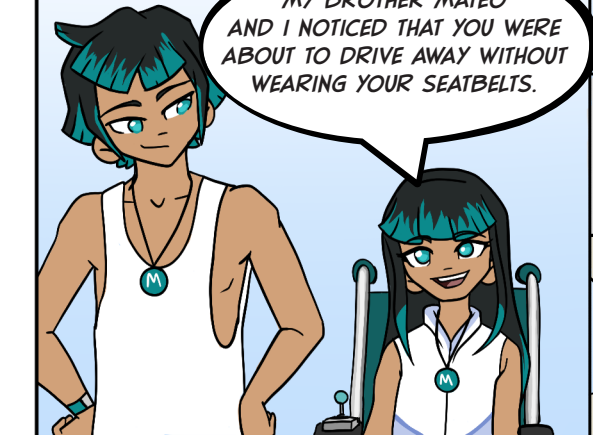
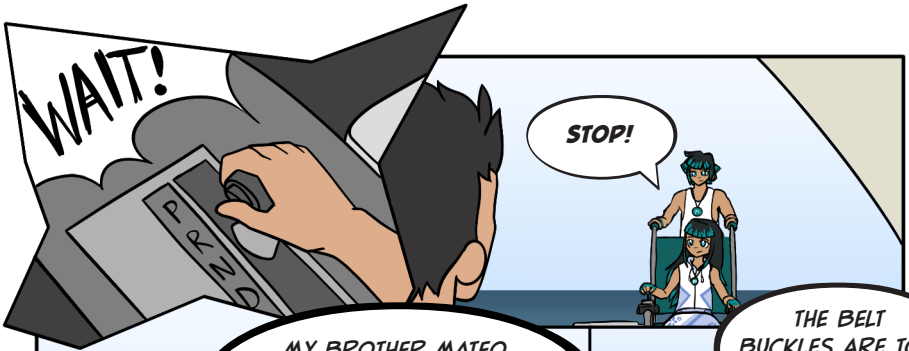
OUCH!

I BUCKLED ROSIE, BUT THE BUCKLES ARE TOO HOT FOR US TO STRAP IN OURSELVES.

WAAA!  
WAAA!

I DON'T FEEL TOO GOOD, I THINK I NEED SOME WATER.

IT'S OKAY, EVERYONE. I ROLLED DOWN THE WINDOWS AND TURNED ON THE A/C. THE CAR WILL COOL DOWN SOON AND THEN YOU CAN PUT ON YOUR SEAT BELTS.



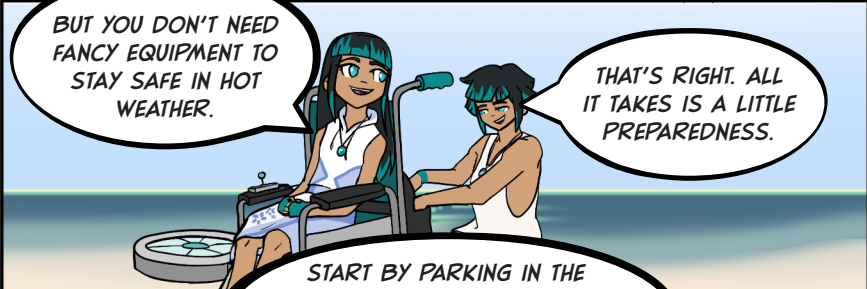
WOW! HOW'D YOU DO THAT?

IT WAS A BREEZE. MY SISTER MAYA AND I CREATED ALL KINDS OF GADGETS TO HELP KEEP US SAFE.

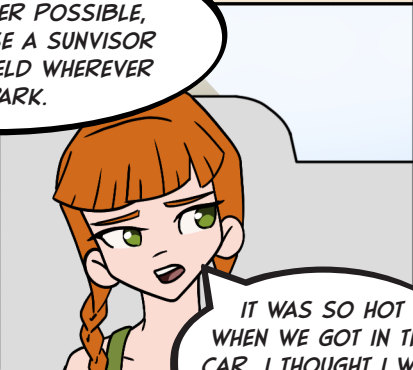
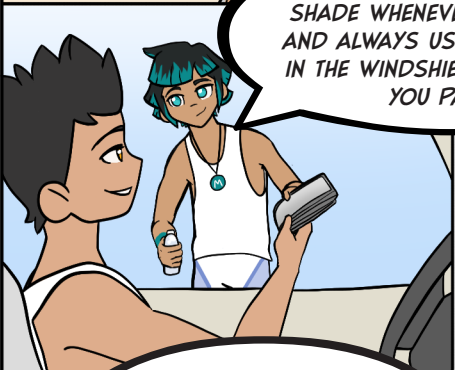


BUT YOU DON'T NEED FANCY EQUIPMENT TO STAY SAFE IN HOT WEATHER.

THAT'S RIGHT. ALL IT TAKES IS A LITTLE PREPAREDNESS.



START BY PARKING IN THE SHADE WHENEVER POSSIBLE, AND ALWAYS USE A SUNVISOR IN THE WINDSHIELD WHEREVER YOU PARK.

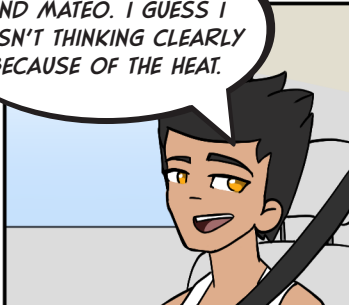


IT WAS SO HOT WHEN WE GOT IN THE CAR, I THOUGHT I WAS GOING TO PASS OUT.

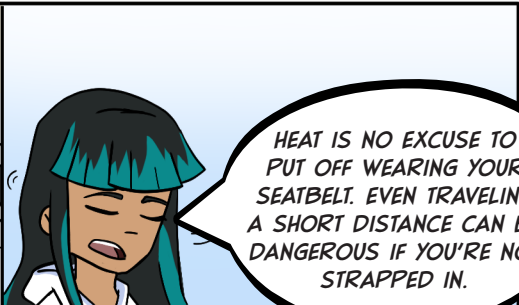
IT'S IMPORTANT TO CARRY A WATER BOTTLE WITH YOU TO STAY HYDRATED DURING ACTIVITIES THAT MAKE YOU SWEAT A LOT.

AND LOOK OUT FOR SYMPTOMS OF HEAT ILLNESS - LIKE DIZZINESS, HEADACHE, AND NAUSEA.





THANKS, MAYA AND MATEO. I GUESS I WASN'T THINKING CLEARLY BECAUSE OF THE HEAT.



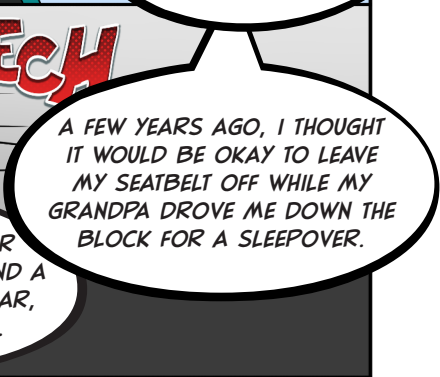
HEAT IS NO EXCUSE TO PUT OFF WEARING YOUR SEATBELT. EVEN TRAVELING A SHORT DISTANCE CAN BE DANGEROUS IF YOU'RE NOT STRAPPED IN.



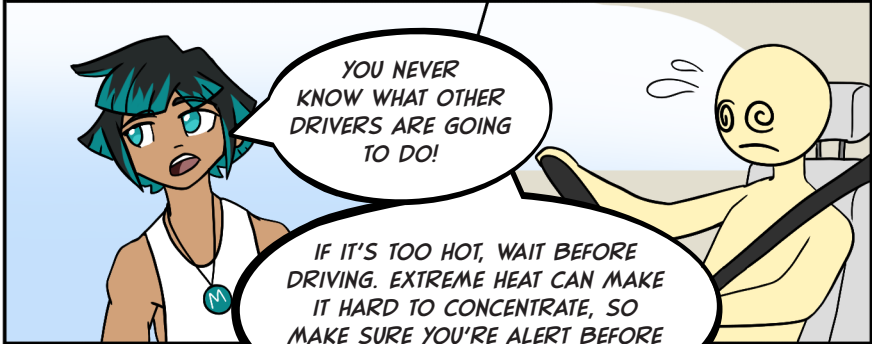
**SCREECH**



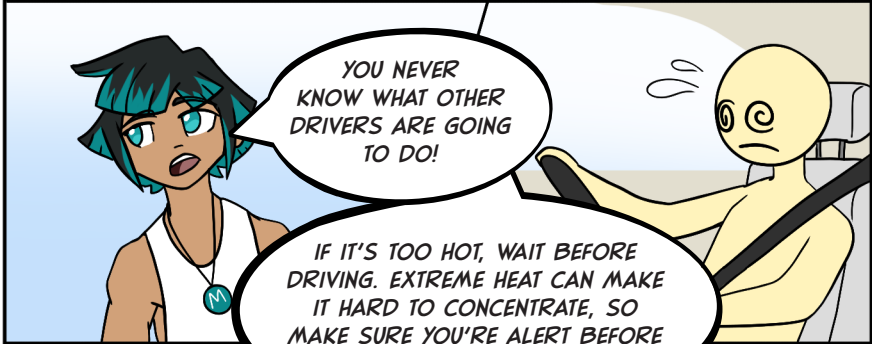
BUT ANOTHER DRIVER CAME SPEEDING AROUND A CURVE AND HIT OUR CAR, TRAPPING MY LEGS.




A FEW YEARS AGO, I THOUGHT IT WOULD BE OKAY TO LEAVE MY SEATBELT OFF WHILE MY GRANDPA DROVE ME DOWN THE BLOCK FOR A SLEEPOVER.



YOU NEVER KNOW WHAT OTHER DRIVERS ARE GOING TO DO!



IF IT'S TOO HOT, WAIT BEFORE DRIVING. EXTREME HEAT CAN MAKE IT HARD TO CONCENTRATE, SO MAKE SURE YOU'RE ALERT BEFORE YOU GET MOVING.



OKAY, KIDS, YOU HEARD 'EM. LET'S BUCKLE UP!



NOW WE CAN GET ICE CREAM?

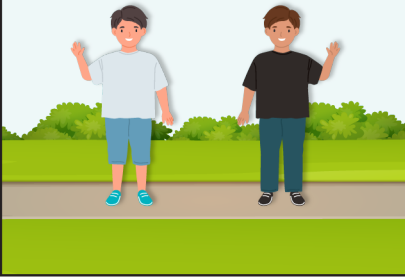


# THIS OR THAT?

There are many important things to remember when playing outside and when riding in the car to keep yourself safe. Always remember to keep cool, stay hydrated, wear sunscreen and dress appropriately while playing outside in the sun! When in the car, make sure yourself and all other passengers are safely and appropriately buckled in before moving. Choose the safest option in each scenario below:

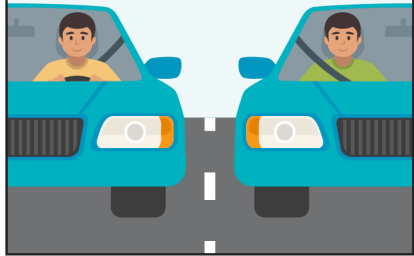
1.

Which is better to wear when going to play outside in the sun?



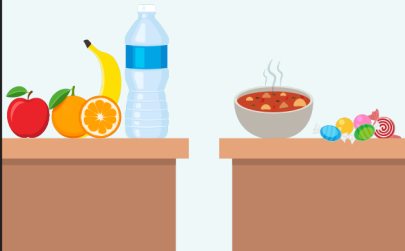
2.

Which is the correct way to wear your seatbelt?



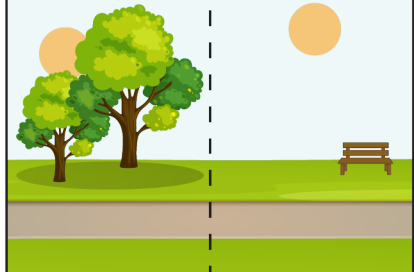
3.

Which is better to eat before going to play outside in the sun?



4.

Which is the better place to play when outside in the sun?





# WORD SEARCH

K B K J V  
P H Y D R A T E  
M J N G N B J R  
B M R L E A W Q W  
M Q L R E K C H J I  
J G E R Y J Q H H A W R N P  
Z C T C T B K Z V P O K K M Q N K F T X  
I A S E O U K S E A T B E L T A U B Z S K  
F W N F E O C E C X K D U O I T D Y E Z Y I  
G U A T A U K N T U Z U S Z O E K P A K Z O  
S S A C A R L A B S Y C E Y Y S J Z C I L W  
O M U M X W E S K W P B K T H K T L H Q P T  
C Y A S H R H J H K V M N X V X E F V Y  
P Y A J S L W R  
A K M F

SEATBELT

BEACH

BUCKLE

CAR

WATER

SAFETY

HEAT

MAYA

HYDRATE

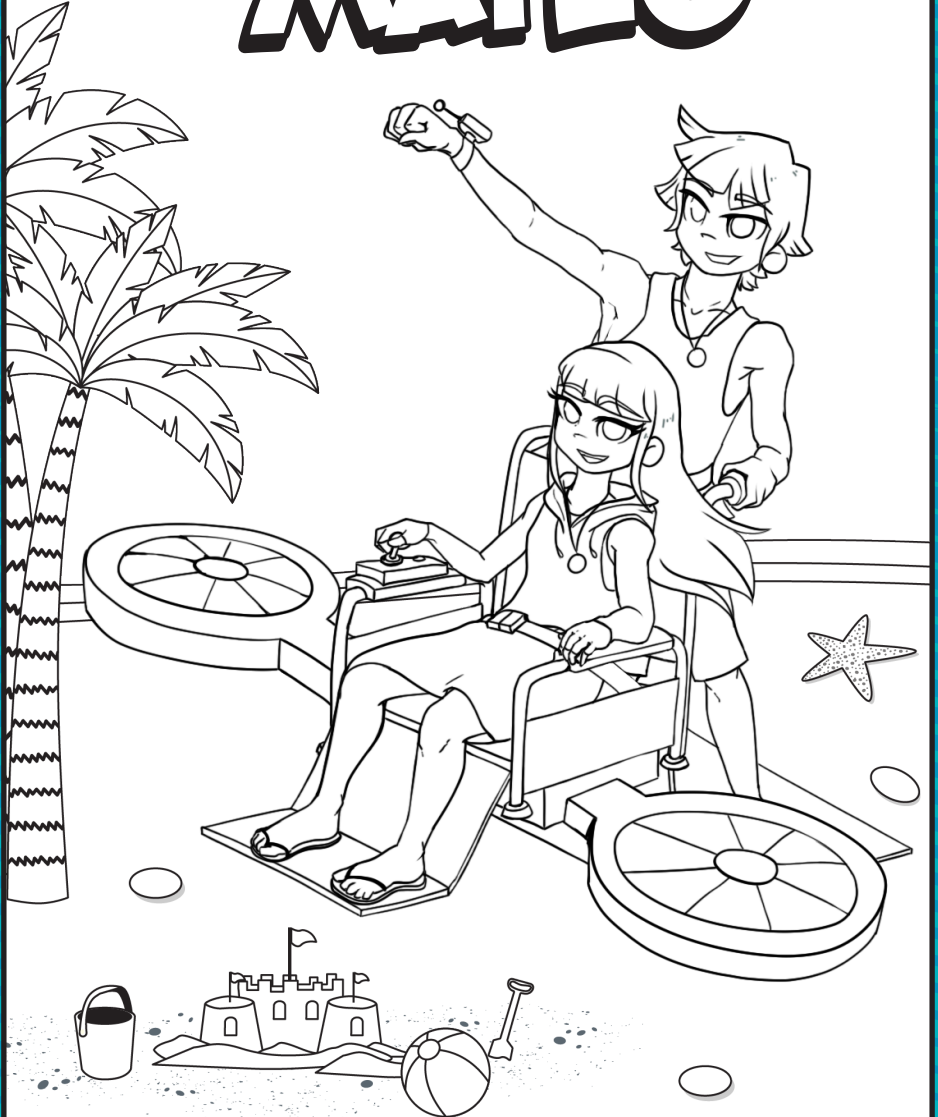
SUNSCREEN

MATEO

BOOSTER



# MAYA & MATEO



# BUCKLE UP! KNOW THE STAGES

It is important to make sure children ages 12 and younger are always properly buckled in the back seat of a car using a car seat, booster seat, or seat belt. Children no longer need to use a booster seat when the seat belt fits them properly. A seat belt fits properly when the lap belt is across the upper thighs (not the stomach) and the shoulder belt is across the center of the shoulder and chest (not across the neck or face, and not off the shoulder).

Match the child with the appropriate car seat:



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



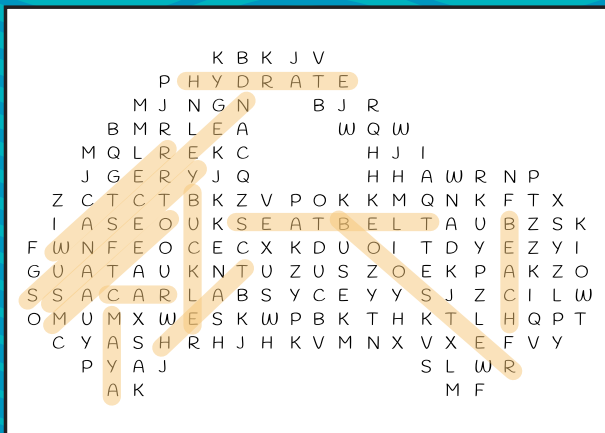
✓ Infants and toddlers should be buckled in a rear-facing car seat with a harness, in the back seat.

## HELPFUL TIPS!


✓ After outgrowing the rear-facing car seat, use a forward-facing car seat.

✓ When children outgrow their forward-facing car seat, they should be buckled in a booster seat with a seat belt, in the back seat, until the seat belt fits properly.


# ANSWER KEY




Match the child with the appropriate car seat:



1. **C**




2. **B**




3. **A**


**A**



**B**




**C**




**1.**

Which is better to wear when going to play outside in the sun?




**2.**

Which is the correct way to wear your seatbelt?



**3.**

Which is better to eat before going to play outside in the sun?



**4.**

Which is the better place to play when outside in the sun?

