

# Safe Travel for Pregnant Women



***Expecting to travel before your baby is due?  
Follow these guidelines.***

- Check with your physician to make sure travel is permissible. Travel during pregnancy is least risky during the fourth to sixth months.
- If you're planning to travel by airplane or train, ask for an aisle seat so you can get to the lavatory more easily.
- Don't exert yourself to the point of fatigue.
- If you experience motion sickness, get some fresh air or eat soda crackers. Don't take motion sickness medication.
- If you're traveling by car, wear a safety belt. It should fit snugly across your chest and hips, not over your stomach.