



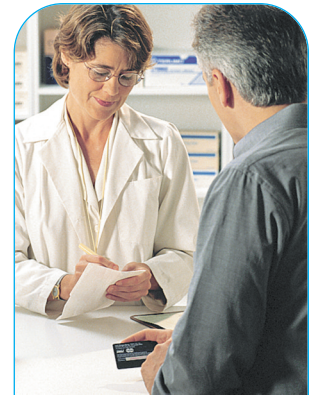
Be Safe – Drive Safely Checklist

- ❑ Focus on the road when you are driving.
- ❑ Don't talk on a cell phone or text message while driving.
- ❑ Always wear your seatbelt when you drive or ride in cars and trucks.
- ❑ Wear a helmet when riding on a motorcycle or a bicycle.
- ❑ Drive sober or with a driver who is.
- ❑ Discuss, with your care team, if any medication or supplement you take can make it unsafe for you to drive.
- ❑ Avoid driving at night if you have limited night vision.
- ❑ Keep emergency supplies in your car or truck. These include:
 - A cell phone
 - A flashlight and flares
 - Blankets
 - Bottled water

Find out more about safe driving from www.safedriving.va.gov/resources/driving.asp

Other Safety Tips

- ❑ Wear a medical alert tag to identify health concerns you have. Get one from a drug store or from:
MediAlert Foundation
International at
1-888-633-4298 or
www.medicalert.org.
- ❑ Keep medicines and vitamins in “child-safe” containers and where children cannot reach them.
- ❑ Never be out of reach of a child in or near the water. Make sure children wear approved flotation devices. Adults should wear these, too.
- ❑ Lock guns in one place and bullets in another. Make sure children cannot get the keys.



Your pharmacist can answer questions about medicines.



For Information on Safety, Contact:

VA National Center for Patient Safety
www.patientsafety.gov

National Safety Council
www.nsc.org