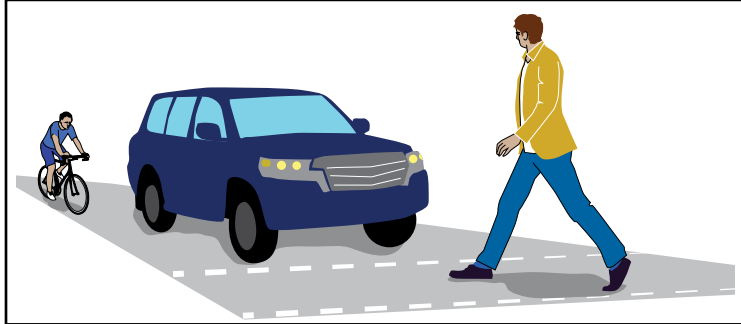


You can prevent road injuries



IAMAT
Go Confidently.

Stay safe on the road



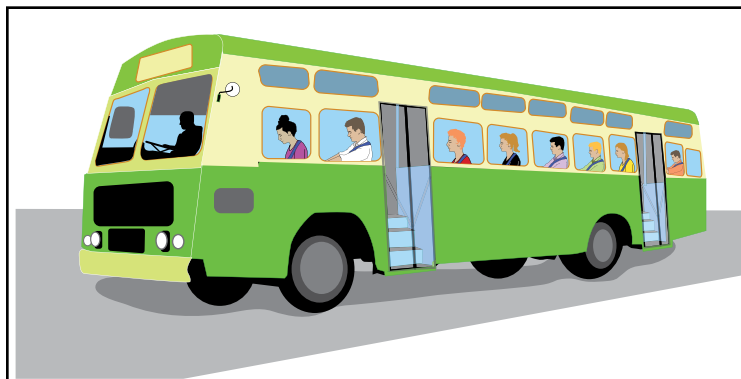
DO



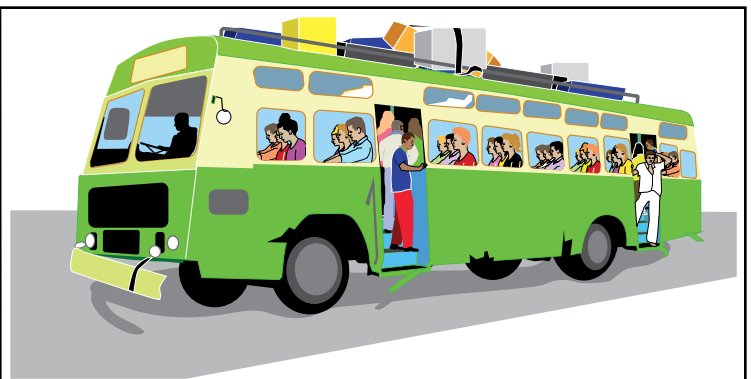
DON'T

When you are walking:

- Look both ways before crossing the street. Make eye contact with drivers.
- If there is no sidewalk, walk facing the traffic.
- Be alert. Don't use your phone or listen to music while walking near roads.



DO



DON'T

When you take a taxi or bus:

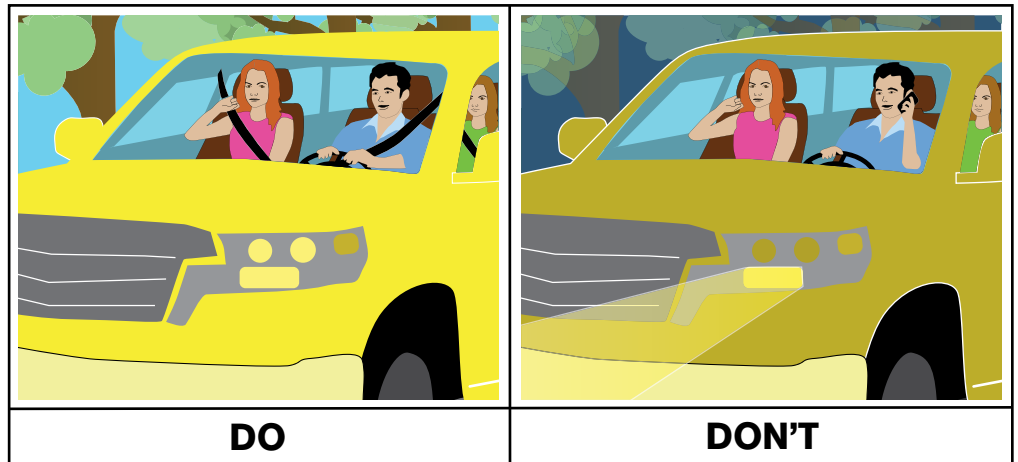
- Avoid overcrowded vehicles.
- Look for licensed companies with good safety and maintenance records.
- Do not get in if the driver looks upset, tired, or under the influence of alcohol or drugs.

Teach kids about road safety

- Tell your child about the road safety rules of your destination country.
- Always cross the road holding hands.
- Rent a child car seat from a reputable company. If you bring your child seat from home, make sure that it works in the cars at your destination.
- Children and adults should always wear a helmet when bicycling or riding as a moped passenger.

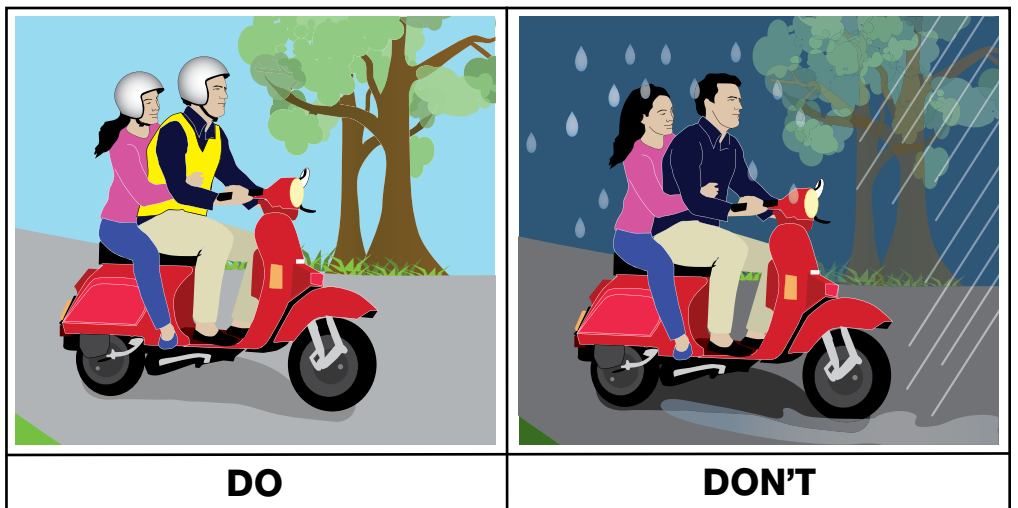
Be prepared

- Learn the rules of the road and emergency numbers of your destination country.
- Locate a reputable doctor or hospital before your trip.
- Find out whether police, fire, or ambulance personnel are responsible for responding to road injuries and collisions. Your destination country may not have ambulance services or emergency numbers.
- Research what to do if you are involved in a collision at your destination.
- Register with your embassy before your trip.
- Rent a car from a reputable company with a good safety record.
- Consider buying travel health insurance. Make sure you understand your policy, including evacuation coverage, before you buy.



When you drive a car:

- Always wear a seat belt. Do not get into a car that does not have working seat belts.
- Do not use mobile devices while driving.
- Avoid driving at night, especially in rural areas and on unpaved roads.



When you ride a motorcycle, moped, scooter, or bicycle:

- Always wear a helmet and a reflective vest or bright clothes.
- Avoid riding scooters and bikes at night or on wet or unpaved roads.
- If you have not driven this type of vehicle before, do not learn on your trip.

Reviewed by the South Riverdale Community Health Centre Plain Language Group.

With thanks to:

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IAMAT

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