

Nearly 60 percent of the people involved in an auto crash in Oklahoma last year were killed because they were not wearing a seatbelt. And those not killed? Their injuries were much worse, resulting in higher hospital bills and lifelong disabilities. These type of injuries represent 10 percent of the total U.S. medical

What you can do:

- Buckle your seatbelt every time you ride in a car and insist your passengers buckle up
 - Secure children in ageappropriate car seats
- Drive safe speeds for road conditions
- Watch out for the other guy more than 10 percent of all — failure to yield causes accidents
- alcohol and drug-related Don't drink and drive -Oklahomans in 2003 crashes killed 168
- distracted caused 15 percent of fatal crashes in 2003 - being Pay attention -



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Holding down health care costs: your health choices matter