#### Do you have questions?

Call our 24-hour Nurse Advice Line. We are here to help you.



English: (800) 606-9880 Español: (800) 606-9880 TTY/TDD: **711** 

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.





# Car Seat Safety

Caring for Your New Baby



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### How do I install a rear-facing car seat correctly?

Every car seat has different installation instructions. Here are some key tips to remember:

- Read both the car seat instruction manual and the owner's manual of your car that talk about car seat installation.
- Secure the car seat tightly. It should not move side-to-side or front-to-back.
- Install the car seat at the correct recline angle.

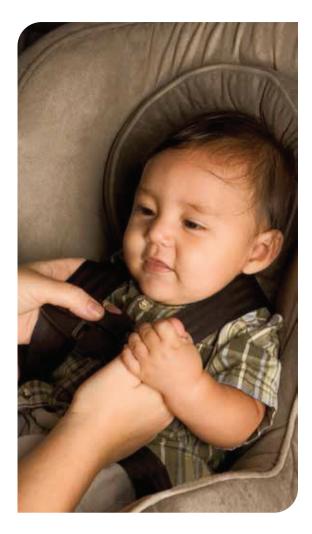
# How do I place my baby in the car seat correctly?

- Secure the harness on your baby. Make sure the harness straps lay flat and are not twisted.
- 2. Buckle the harness and the chest clip, and tighten.
- 3. Make sure the chest clip is at armpit level.

# How long should my baby sit in a rear-facing car seat?

Your baby should ride in a rear-facing child safety seat as long as possible.

Use a rear-facing car seat until your baby is **2 years old** or when your baby reaches the upper height and weight limit of the seat. Some rear-facing car seats can hold the height and weight of a 3 year old child.



There are many types of car seats. Your new baby needs a rear-facing car seat. This is the best seat to keep your baby safe.

Install the car seat in the back seat of your car.