



**Want to make a difference?** This is how **you** can help save lives, especially those most at-risk of dying in a car crash: teens and young adults. Whether you're a school nurse or family doctor, you can be part of the *Click It or Ticket/Operation ABC* (America Buckles Up Children) *November 2003 Mobilization*, which runs from November 17-30, 2003.

#### **PHYSICIANS & MEDICAL PERSONNEL (including school nurses & team doctors)**

- **Display and distribute materials in your office.** People – even teens and young adults – listen to what physicians and medical personnel have to say about safety. Display [posters](#) in your office and distribute materials. This is especially helpful for team doctors and school nurses who see dozens of young drivers every week.
- **Send a letter to your local newspaper.** Use the sample [letter to the editor](#) or write your own that includes your experiences with people who died or were injured because they didn't buckle up. Ask your community to make the *Mobilization* a success by being an example to young people and buckling up.
- **For team doctors: Make a team announcement.** Let the whole team know that one way to stay in the game is to stay safe by buckling up. Let them know young drivers are being given special attention during the *Mobilization* and risk getting a ticket if they don't buckle up.
- **Add a safety belt question to every checkup.** Just ask your patients: Do you buckle up every time you're in your car or truck? Remind them that motor vehicle crashes are the leading cause of death for Americans age 15 to 34. What's more, anyone who fails to buckle up is also likely to get a ticket during the *Mobilization*. Use [posters](#) in your examination room as visual aids.
- **Share your experiences.** Stories about young people who were seriously injured because they didn't wear safety belts can be a powerful motivator to wear belts. Use the *Mobilization* as an opportunity to tell these stories to your patients or the media. (Use "[Get Your Stories in the News](#)" for tips on contacting and dealing with the media.)