SAFE DRIVING
- Always wear a seat belt
- Don’t drive distracted - no talking on the phone, texting, eating, reaching into the backseat, etc.
- Don’t drive under the influence

ACT RESPONSIBLY
- Be mindful of your substance use
- Be mindful of risky behaviors
- Be aware of others around you and how their actions could affect you

LOOK AT YOUR SURROUNDINGS
- Maintain a clear walkway, especially during the winter
- Use handrails on stairs
- Be cautious of slippery surfaces
- Have adequate lighting
- Look both ways and use crosswalk signals when crossing the street

PHYSICAL ACTIVITY
- Wear a helmet when doing physical activity, including biking, roller skating, ice skating, baseball, and football
- Make sure helmets are up to code and fit properly

MOBILITY SAFETY
- Use mobility devices appropriately to minimize risk of falls
- Ask for help if your mobility safety is compromised

LIVE A HEALTHY LIFESTYLE
- Have good nutrition
- Attend regular doctor appointments
- Exercise consistently and safely
- Maintain good mental health