



April is Distracted Driving Awareness Month

What is Distracted Driving?

Distracted driving is any activity that diverts attention from driving, including *talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system* — **anything that takes your attention away from the task of safe driving.**

Drive Responsibly

April, which is national Distracted Driving Awareness Month, is a good time to regroup and take responsibility for the choices we make when we're on the road. Follow these safety tips for a safe ride every time:

- Need to send a text? Pull over and park your car in a safe location. Only then is it safe to send or read a text.
- Designate your passenger as your “designated texter.” Allow them access to your phone to respond to calls or messages.
- Do not scroll through apps, including social media, while driving. Cell phone use can be habit-forming. Struggling to not text and drive? Put the cell phone in the trunk, glove box, or back seat of the vehicle until you arrive at your destination.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.



Distracted Driving is Deadly!!!
3,142 lives lost in crashes
involving distracted drivers in
2019



For more information about distracted driving visit the NHTSA
<https://www.nhtsa.gov/campaign/distracted-driving>