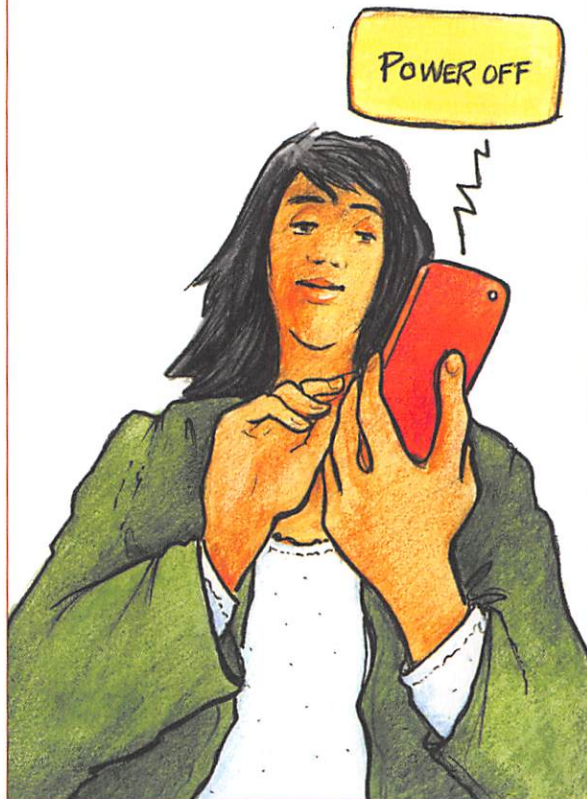


9. If you must make a call or text...

- ▷ Find a safe and legal place to pull over.
- ▷ Park the car before you reach for your phone.

10. Model safe driving – it can be lifesaving.

- ▷ Show others you are choosing to be safe. They will follow your lead.
- ▷ Drive distraction-free. Lives depend on it.



Distracted driving, such as texting or talking on a cell phone, is dangerous and can be deadly. So why not take control? Look inside for simple ways to avoid the temptation to text.

**Stay alive.
Don't text and drive.**

This pamphlet is not a substitute for medical care.
If you have questions or concerns, please talk with
a health care provider.

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Special thanks to our medical, professional and audience reviewers.

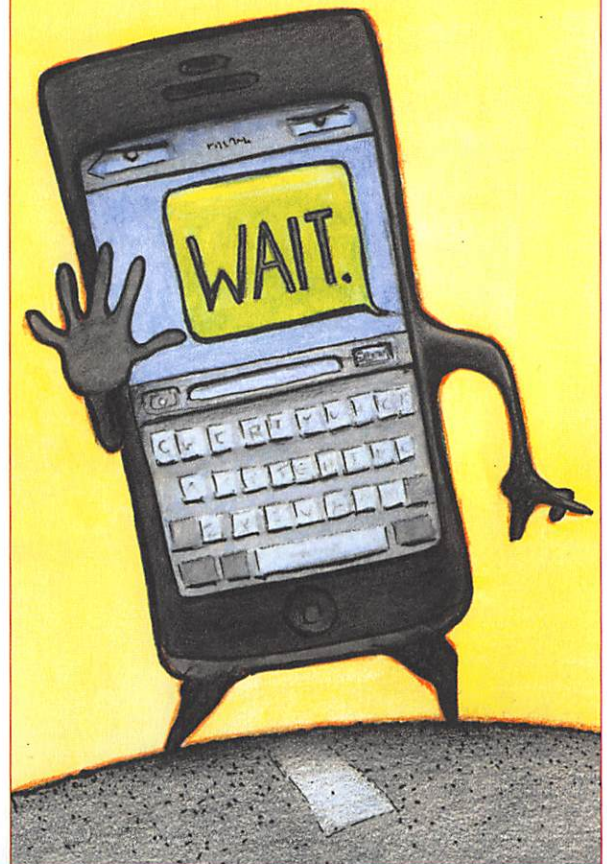
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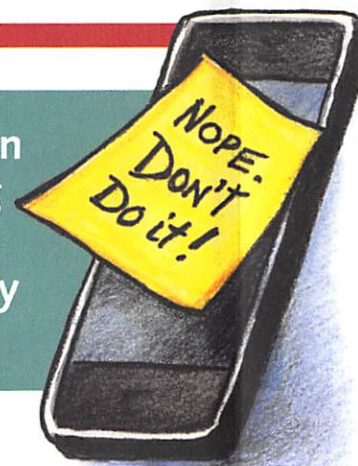
Texting and Driving

**10 Things Everyone
Needs to Know**





Your phone is your link to friends and family. It can be hard to ignore, no matter where you are. But texting and using your phone while driving is distracting and dangerous. You could hurt or kill yourself or others. Stay safe – put down the phone when you pick up the keys.



1. Texting takes focus away from driving.

When you text, it takes your:

- ▷ hands away from the wheel,
- ▷ eyes away from the road, and
- ▷ mind away from driving.

2. It's like driving after you've had too much to drink.

You are less likely to:

- ▷ respond to sudden road changes,
- ▷ stay in your lane, or
- ▷ maintain a constant speed.

3. You could hurt or kill yourself or others.

- ▷ Those who text and drive are two times more likely to crash.
- ▷ Each year, more than a million auto accidents in the U.S. involve cell phones.

4. Texting and driving is against the law in most places.

- ▷ You can be fined, lose your license or go to jail.
- ▷ Even if it is legal where you live, it's still not safe.

5. You can plan ahead to avoid the temptation.

- ▷ Make important calls or texts before you start the car. Say you are about to drive and will be out of touch.
- ▷ Install an anti-texting app. Some block calls when you are driving. Some send an auto-reply message that says you are driving and will get back to them.
- ▷ Know where you're going so you don't have to text for directions.

6. Turn your phone off and put it out of reach.

- ▷ If you can't hear or see it, you won't be tempted to look.

7. Passengers can help.

- ▷ Speak up if you're in a car with a driver who is texting while driving. Say, "That's not safe."
- ▷ Offer to be a designated texter.

8. There is no safe way to text and drive!

- ▷ Texting with one hand is not safer.
- ▷ Resting your phone on the steering wheel is not safe either.

