



Breaking the Distracted Driving Habit

Distractions behind the wheel are more common than you may realize. From eating and drinking, to fiddling with your navigation system and texting, any actions that divert your attention while driving puts your life and others at risk.

According to the Centers for Disease Control and Prevention, every day in the United States, approximately nine people are killed and more than 1,000 are injured in crashes involving a distracted driver. Simply reading or texting while driving takes your eyes off the road for an average of 5 seconds, long enough to cover a football field at 55 mph.

Before hitting the road, follow these tips:

- ✓ Adjust your mirrors, seats, and climate controls
- ✓ Plan your route, set navigation, and make infotainment or music selections
- ✓ Turn on the “Do Not Disturb” function or silence your smartphone to avoid temptation

While driving, pull off the road if:

- ✓ Children or pets need help
- ✓ You need to make a call, even in emergencies
- ✓ You're drowsy or have trouble focusing