# A screen shot of a computer  Description automatically generateddistracted driving awareness

Distracted driving affects each of us. It can be common to arrive at a destination after talking on the phone and not remember the drive there or stopping at a previous stop sign. Unfortunately, it can also be common to see a vehicle driving erratically on the road and notice when passing them the driver was distracted in some way or another.

*Activities that take your hands, mind or eyes from the wheel (some do more than one or all three):*

* Talking and texting
* Eating
* Reaching for something
* Grooming
* Reading
* Radio or navigation
* Watching a video

*Tips to avoid distracted driving:*

* Use hands free devices when a call must be taken in the car and if possible, pull over
* Completely refrain from texting while driving
* Set up automatic messages and have phone alerts turned off while driving
* If taking time to get food, pull over and park to eat
* Get anything that may be needed during the drive organized before heading out and within easy reach
* Give ample preparation time for grooming or other planning activities to avoid feeling the need to do these tasks in the vehicle
* Pull over to physically read anything such as directions or messages
* Set up radio and navigation before leaving
* Wait to watch any videos until safely parked

If driving with a passenger, task them with anything that may be a distraction from the road.