[](http://www.countyhealthrankings.org)

* Distracted driving is driving while doing another activity that takes your attention away from driving.
* Three types of distraction are, visual (taking your eyes off the road), manual (taking your hands off the wheel), and cognitive (taking your mind off driving).
* At 55 mph, the average text takes your eyes off the road long enough to cover a football field.
* Contrary to popular belief, the human brain cannot multitask. Driving and talking on the cell phone are two thinking tasks that involve many areas of the brain. Instead of processing both simultaneously, the brain rapidly switches between two cognitive activities.
* Distracted drivers can miss up to 50% of their driving environments, including pedestrians and red lights. They look, but they do not see. This phenomenon is also known as “inattention blindness.”
* Current research shows that voice-to-text applications offer no safety advantage over manual texting.

**Recognizing Public Health Month**

**INSERT LOCAL HEALTH DEPARTMENT INFORMATION HERE**

United States Website for Distracted Driving

[www.distraction.gov](http://www.distraction.gov)

[Center for Disease Control and Prevention](http://www.cdc.gov/motorvehiclesafety/distracted_driving/)

AAA Foundation for Traffic Safety

[www.aaafoundation.org](http://www.aaafoundation.org)

[National Safety Council](http://www.nsc.org/learn/NSC-Initiatives/Pages/distracted-driving.aspx?var=mnm)

[EndDD – End Distracted Driving](http://www.enddd.org)

**Information Resources:**

**Distracted**

**Driving**

# Facts:

Distracted Driving Foundation

[www.ddfn.org](http://www.ddfn.org)

[Teens Health](http://kidshealth.org/en/teens/no-texting.html)

[AD Council](http://www.adcouncil.org/Our-Campaigns/Safety/Texting-and-Driving-Prevention)

**Available Services:**

If you are tempted to use your cell phone when driving:

* Change your voicemail greeting to indicate you are driving and will call back when safely parked.
* Put your phone in the trunk or glove box.
* Turn your phone on “silent.”
* If you need to contact someone, pull over to a safe location and put your vehicle in the “Park” before dialing.

If you are a passenger and the driver wants to use a cell phone:

* Tell the driver you are uncomfortable with his or her cell phone use.

If you are talking to someone who is driving:

* Ask the person to call you when he or she is parked in a safe location.
* Tell the person you will call him or her back later.