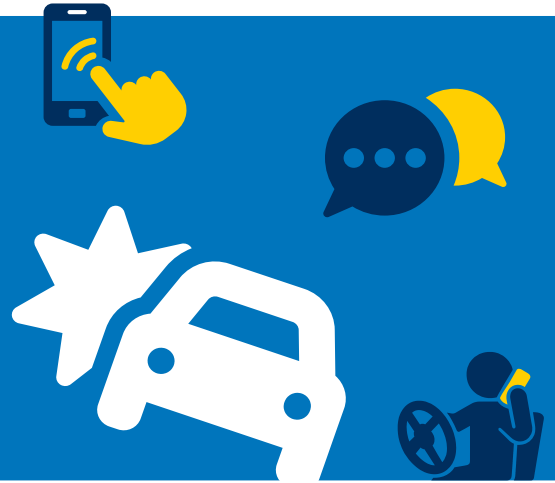


Put the Phone Down: Tips for Distracted Driving Prevention



Dangers of “A Quick Call/Text”

Taking your eyes off the road for just five seconds while traveling at 55 miles per hour is the equivalent of driving a football field with your eyes closed.

The urge to check a message or call is natural. However, how you react is key. Here are some tips for preventing distractions while driving.

Turn Do Not Disturb On



Most phones now have a Do Not Disturb (DND) feature that blocks all notifications from coming through your phone while the feature is on. Some phones or specific apps can automatically enable Do Not Disturb While Driving when they sense your phone is in driving-like motion.

Set Up Navigation and Music Before Driving



Although adding a song to the queue or adjusting your navigation might be tempting, resist doing so while driving. Before getting on the road, have your location in the navigation system and your playlist or station set.

Text and Call Once You Reach Your Destination



No text or call is worth your or someone else's life. Wait to respond to a call or text until you have reached your destination.

Speech-to-text and Other Hands-free Options



If you must respond and cannot stop at a safe location, hands-free options like Siri or speech-to-text are less risky. However, this is still a form of distraction, so it's best to wait until you are no longer on the road if possible.

Ask for Help From Passengers



If someone is sitting in the passenger seat, have them hold onto your device and do tasks such as changing the radio or music, fixing the navigation, texting, or any other task that would distract you from the road.

Pull Over If Necessary



If the task cannot wait until you have safely reached your destination, pull over to the side of the road or a safe location.

References

1. National Highway Traffic Safety Administration. [Distracted Driving | NHTSA](#). National Highway Traffic Safety Administration.
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3. National Safety Council. [Cell Phone Distracted Driving](#). NSC. 2025.



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