What Is Distracted Driving?

Distracted driving happens when you take your attention away from the road—increasing your chances of crashing.

You're distracted by:

- **Seeing:** taking your eyes off the road
- **Feeling:** taking your hands off the wheel
- **Thinking:** taking your mind off driving

Some examples of distractions are:

- Making a phone call
- Sending a text message
- Eating and drinking
- Using a navigation system
- Changing music

For more information:

http://www.publichealth.lacounty.gov/ivpp

http://www.distraction.gov

County of Los Angeles
Public Health
Health Education Administration

Los Angeles County Department of Public Health
http://www.publichealth.lacounty.gov
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Distracted drivers are more likely to crash.

just drive.

What's the Big Deal?

In 2008, accidents involving distracted drivers killed nearly 6,000 people and injured more than half a million people.

Drivers under 20 years old have the highest chance of being in a distracted driving-related accident that may lead to death. But, if you're distracted while driving—whatever your age—you're more likely to crash.

In California, it is illegal to use a handheld phone to make a call or send a text message while driving.

When you're in the car, **just drive**. This will decrease your chance of accident, injury, and death.

What Can I Do About It?

If you're the driver: Only you can decide to limit your distractions when you drive. When you start your engine, just drive. If you have a call to make, a text to send, or a snack to eat:

DO IT WITH THE ENGINE OFF.

If you're the passenger: Help minimize distractions by putting away your phone and paying attention to your surroundings. If the driver is distracted:

SPEAK UP! DISTRACTIONS CAN WAIT.