



Driving Safely

Health and Wellness

Tip of the Week
Week 14
April 6, 2020

Our Mission is to promote health awareness and encourage healthy lifestyles.

Don't Text and Drive

Distracted driving has reached a whole new level. Texting while driving takes your eyes off the road and hands off the wheel. At any time during the day, about 542,000 drivers are using cell phones while driving. On average, if you are texting while driving, you take your eyes off the road for five seconds. If you are driving 55 miles per hour, you have traveled the length of a football field. Whether you're a driver or a guest in the car, be alert and stay safe on the road.

Source: U.S. Department of Transportation

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