



Driving Safely

Health and Wellness

Tip of the Week
Week 15
April 13, 2020

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

Avoid Distraction While Driving

Texting while driving is the most unsafe action for today's drivers. But these other acts also pose danger while driving:

- Drinking and eating
- Putting on makeup
- Reading
- Changing the radio station or a song on your phone
- Looking at a navigation screen
- Watching a video
- Talking to riders in the car

Make your drive as distraction free as possible to safely reach your destination.

Source: U.S. Department of Transportation

City of Mission
Human Resources Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us