Your brain can’t process two things at once. It switches attention from one task to another.

96% of people think texting while driving is dangerous – yet 44% do it.

Voice-to-text is not safer – it may distract you longer than texting.

Dangerous even when sitting at red lights or stop signs because it takes your brain some time to return its focus to the road.

Nothing is more important than getting to your destination safely. Use your phone and other technology only when you are safely parked.

Did I remember to feed the dog?

nsc.org/justdrive

Sources: AAA Foundation for Traffic Safety, NSC report “Understanding Driver Distraction”