

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

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SUFFOLK POLICE REMIND YOU THAT APRIL IS NATIONAL DISTRACTED DRIVING AWARENESS MONTH

SUFFOLK, VA (April 1, 2020) Suffolk Police remind you to put down the cell phone and pay attention; April is National Distracted Driving Awareness Month! While tackling distracted driving is important every day, April has been designated Distracted Driving Awareness Month in an attempt to focus on this growing issue. This designation is even more meaningful this year given the additional distractions we are all facing regarding the uncertainties of COVID-19 and the disruptions in daily routines and additional stress for many.

Distracted driving is the cause of many tragedies year after year. A simple text message or phone call can result in the death of another human being. According to many national surveys, an overwhelming majority of people agree that texting and driving is dangerous, but more than half admit to doing it anyway. It may take only a matter of seconds to glance at your phone, but, if you are driving at 60 miles an hour, your eyes were blind to the road while you drove the length of an entire football field.

As vehicle technology improves, today's drivers are potentially more distracted than ever before. Whether it is texting, using vehicle internet accessibility, eating on the go, or simply dealing with children in the backseat, there could be a lot more than driving

going on while behind the wheel. To address some of these challenges, here are several helpful tips for safe driving:

- Make vehicle adjustments before your trip; changing settings on mirrors, music stations, or inputting addresses onto a GPS system are as dangerous as texting. Both take your eyes off the road and focus your cognitive ability on something else.
- Put aside all electronic devices and cell phones while driving.
- Avoid eating while driving or putting on makeup while driving.
- Limit the amount of passengers, and thereby distractions, inside your car – especially important for younger, less experienced drivers.

The Suffolk Police Department advises, *“Arrive alive, don’t text and drive.”* Texting might take a moment, but that moment could take your life.

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