

Did you know that **distracted driving** is against the law?

Distracted driving is using your phone, using any other handheld device, eating, reading, or using your GPS.

If caught you could be faced with fines from \$490 up to \$1,000 and 3 demerit points!

Here are some tips to avoid using your phone while driving:

- Turn off your phone or switch it to silent mode before you get into your car
- Put your phone in your glove compartment, bag or back seat
- Before you leave the house, record an outgoing message to tell callers you're driving and you'll get back to them when you're off the road

Distraction on the road takes away from important family time in the car.

Parents/Guardians - put down the device and be a role model for your children.

Visit tbdhu.com for more info or call 625-5972.

Find us on Facebook and follow us on Twitter: @TBDHealthUnit
TBDHU.COM

