



# 4 “D”s for Driving Safety

1

**DISCUSS** with your doctor or health care provider, if any medications or supplements you take can make it unsafe for you to drive. Avoid driving at night if you have limited night vision.

2

**DRIVE** while wearing a seatbelt. Wear a seatbelt when you are a passenger, too.

- Use an approved child-safety seat that is the right type and size for your child.
- Wear a helmet when riding on a motorcycle or a bicycle.

3

**DESIGNATE** a sober driver when you would be driving impaired. Or, use a drive service to get you home or to another destination safely.

4

**DO NOT** text or talk on a cell phone while driving. Do not drive drowsy. Look for a safe place to pull over if you need to use your phone or to rest. Also, do not apply makeup while driving.

