What is Distracted Driving?

**Visual Distraction**
Reading, texting, message, searching for directions, looking at the passengers, looking at anything outside the vehicle.

**Manual Distraction**
Reaching for things inside the vehicle, using a hand-held device, adjusting the radio, eating or drinking, applying makeup, eating or drinking.

**Cognitive Distraction**
Talking on the phone, arguing with a passenger, thinking about your to-do list, daydreaming, listening to a talk show or podcast.