



Just Drive VA!



Distracted Driving

- Distracted driving is anything that takes your eyes or mind off of the task of driving.
- Drivers using cell phones are 4x more likely to be in a crash. Visit www.drivesmartva.org for more information and safety tips!
- Even using hands-free phones decreases reaction time.
- Make your vehicle a “No Phone Zone.”
- Program GPS, music and know directions to where you are going before driving!
- Don’t eat while driving to work. Plan 5 minutes to eat before leaving.
- Don’t drive distracted to and from your office, and take great care when driving for any work related events.



Impaired Driving

- Alcohol/ drug impairment, or anytime we drive when sleepy, angry or distressed.
- Driving when drowsy is just as dangerous and slows reaction time.
- Shift workers are at high risk for drowsy driving. Plan to sleep and rest when not working.
- When driving on vacation, plan rest stops! Alternate drivers if you can.
- DON’T drink & drive. If there’s a chance you might have anything to drink – choose a designated driver, call a friend, stay over at friend’s house or have bartender call a cab.
- Remember never to ride with someone else who has been drinking!



Defensive Driving

- Seat belts save lives and it’s Virginia state law!
- Children under the age of 18 in all seating positions be properly restrained (as of July 2010)
- Children under the age of 8 be secured in the appropriate child restraint device (like a booster seat or car seat)

- Check mirrors and adjust – You can also buy and install blind spot mirrors easily and inexpensively.
- Always use your signals and practice courteous driving. Never hang around the blind spot of the vehicle next to you.
- Never assume that other drivers will follow the rules of the road.
- Always yield to pedestrians, bicyclists and motorcyclists.
- Check Insurance Institute for Highway Safety website at www.iihs.org for the latest safety features and vehicle safety ratings.

Enjoy JUST DRIVING in VA!

- Virginia Byways – plan your travels near areas of historical, natural or recreational sites. <http://www.virginiadot.org/programs/prog-byways-sites.asp>
- Virginia Main Street Districts - celebrate local traditions, antiques, unique shops, farmers' markets, local cuisine and fine dining. http://www.dhcd.virginia.gov/CommunityDevelopmentRevitalization/VMS_Promotional_Publications_Brochures.htm
- The Chesapeake Bay Bridge-Tunnel – view the mighty surge of the Atlantic Ocean, the beauty of the Chesapeake Bay, and an engineering marvel. <http://www.cbbt.com/>
- Jamestown-Scotland Ferry - Park your car on the ferry and enjoy a free ride across the James River from Surry to Williamsburg. <http://www.virginiadot.org/travel/ferry-jamestown.asp>
- Virginia Beach – enjoy the drive to beautiful beaches, exciting events and fun shops. <http://www.vbfun.com/visitors/>
- Nelson Scenic Loop - Rockfish Valley, Blue Ridge Parkway and Tye River Valley in Nelson County and natural beauty of the Blue Ridge Mountains, Crab Tree Falls and the Appalachian Trail. www.nelsonscenicloop.com
- Covered Bridges of VA – drive on beautiful back roads, bring a picnic and enjoy the sites. <http://www.virginiadot.org/info/faq-covbridgemap.asp>

For more information, please visit the CommonHealth website at:

www.commonhealth.virginia.gov