



DISTRACTED DRIVING

→ THINK IT'S OK? THINK AGAIN!

It's dangerous... and deadly!

Distracted driving is dangerous, claiming 3,275 lives in 2023 nationwide.

Distracted driving is any activity that diverts attention from driving including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system – anything that takes your attention away from the task of safe driving.

SOBERING STATISTICS

- Texting increases crash risk by 23 times.
- Reaching for a moving object increases crash risk by 9 times.
- Dialing a cell phone increases crash risk by 4 times.
- Looking at an external object increases crash risk by 3.7 times.
- Applying makeup, increases crash risk by 3 times.
- It is illegal to hold a handheld personal communications device (a smart phone) while driving a moving motor vehicle in Virginia.
 - **Violating the law is punishable, for a first offense, by a fine of \$125 and, for a second or subsequent offense, by a fine of \$250. Breaking the law in a highway work zone is punishable by a mandatory \$250 fine.**
- No text, phone call, or other distraction is worth dying for.

The National Highway Traffic Safety Administration leads the nation in efforts to save lives by preventing this dangerous behavior. [Learn more](#) about you can get involved. Locally, [Drive Smart Virginia](#) offers a number of resources focused on traffic safety measures.

(Information updated March 2026)

