

**NO** text.  
**NO** call.  
**NOTHING**  
is worth losing a life over.



[www.fdotmiamidade.com/putitdown](http://www.fdotmiamidade.com/putitdown)

## What is distracted driving?

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Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger and bystander safety.

**5** seconds is the average time your eyes are off the road while texting. When traveling at 55mph, that's enough time to cover the length of a football field blindfolded.



Because **texting** requires visual, manual, and cognitive attention from the driver, it is by far the **most alarming distraction**.

# #putitdown

Texting and driving is  
**ILLEGAL** in Florida.

