

When you text a driver, you take their eyes off the road for as long as it takes to drive the length of a football field at 55 mph; F.Y.I. that's

4.6

SECONDS\*

**YEAH,  
YOU'RE  
THAT  
DISTRACTING.**

Visit [URthatDistracting.org](http://URthatDistracting.org)  
to see how you can help end distracted driving.



**AdCouncil**  
ROCHESTER

\*SOURCE: DISTRACTION.GOV