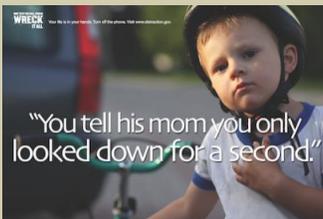




## THE STETHO SCOOP

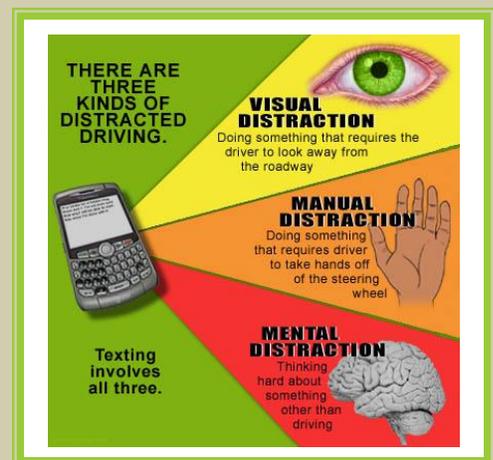


### Distracted Driving: One second is too long!

**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**

#### Some eye-opening facts:

- ✓ **11% of all drivers under the age of 20 involved in fatal crashes** were reported as distracted at the time of the crash. Two in five teens have been in the car with a distracted driver.
- ✓ **Drivers that use a cell phone (hand-held or hands-free) while driving are 4 times as likely to get into crashes that injure others.** Your brain activity is reduced by more than 37% when talking while driving and you miss 59% of your driving environment.
- ✓ **Drivers on the phone have a slower reaction time than drivers impaired at .08 blood alcohol level.** According to the NHTSA (National Highway Traffic Safety Administration), people take their eyes off the road for 4.5 seconds to read or write a text. At 55 mph, you are essentially *driving the length of a football field blindfolded*.
- ✓ **Texting while driving is extremely dangerous.** Cell phones recovered from vehicles after crashes often have incomplete messages on the screen, written just before the crash.
- ✓ **Eating while driving is even more dangerous and possibly responsible for more deaths than texting while driving.** Coffee is the most dangerous item to have in your car in terms of distractions. What is your first reaction when coffee splashes out the cup and onto your lap, leather seat or carpeting? You can't help to take your focus off of the road, especially if you burn your skin!
- ✓ **People will stop texting and driving if you tell them to!** While an overwhelming majority of teens (97%) admit that texting while driving is dangerous, nearly half admit to doing it. Approximately, 77% of teens have been in the car with a texting parent, so you need to set an example. 90% of teens said they would stop texting while driving if a friend told them to and 93% would stop if their parent insisted that they stop. *Set an example and insist that no distracted driving is allowed!*
- ✓ **What can you do to stay safe?** Turn your cell phone to vibrate or silent mode when you get in your car. Some apps like DriveMode send an automatic reply message while driving and route calls to voicemail.



## Bicycle Safety: Part 2

### Arizona Bicycle Laws for all Riders:

- Stop for traffic lights and stop signs. (ARS 28-644)
- Always use a white headlight and red rear reflector when you cycle after sunset or before sunrise. (ARS 28-817)
- Yield to pedestrians at crosswalks and on sidewalks. (ARS 28-792)
- Before you turn or change lanes, look behind you, signal to show your plan to turn or change lanes, and yield to any traffic already there. Cyclists may signal their turns by extending their left arm for a left turn or their right arm for a right turn. (ARS 28-756)
- Any vehicle moving slower than the normal traffic speed shall drive in the right-hand lane, or "as close as PRACTICABLE" to the right edge of the road, except when preparing to turn left or when passing. (ARS 28-721)
- Any vehicle on a two-lane road that has five or more vehicles behind it must pull off at the first safe pullout to allow the vehicles to proceed. (ARS 28-704)
- Special conditions that affect cyclists more than motorists are recognized in the law. (ARS 28-815)
- Riding two abreast is permitted by law. (ARS 28-815)
- Every person riding a bicycle must have a regular seat to sit on. (ARS 28-813)
- Every bicycle must have at least one brake that will make the wheel skid when applied. (ARS 28-817)
- You may ride no more than two side-by-side, except on exclusive bike paths. (ARS 28-815)
- You must have at least one hand on the handlebars at all times. (ARS 28-816)
- You may not attach your bicycle to, or hold onto, another vehicle on the roadway. (ARS 28-814)



### More Bicycle Safety Tips:

- Always wear a helmet!
- Inspect your bike to make sure all parts are secure and working properly.
- Inflate tires properly and check brakes.
- See and be seen: Always wear bright colored clothing when riding during the day!
- Carry books or other items in a backpack or carrier.
- Avoid riding at night due to the increased danger. If you have to ride at night, wear something that reflects light. Make sure that you have reflectors on the front and rear of your bike. Remember, a light is required by law to ride at night!

### LICE FACTS

Lice infestation can occur any time during the year. Please be assured that it is not a sign of poor hygiene, does not carry infections, and does not pose any serious health risks. It is more of a nuisance. It is best to treat aggressively at the first signs. **What can you do?** Make it a part of your routine to check your child weekly for signs of lice. If you are unsure of what to look for, please contact your School Nurse. We are here to help!