

Sullivan Benefits



Don't Text and Drive

Texting and driving can be a deadly mix. Research shows that driving while reading or typing a text message on a phone slows a driver's reactions as much as if he or she had a blood alcohol content of .08, which is the legal limit for driving. Cellphone use is the leading culprit of distracted driving, which kills thousands of people a year, according to the National Highway Traffic Safety Administration.

Here are a few tips to keep you off the phone while behind the wheel:

- Silence your phone when you get in the vehicle.
- Place your phone where you can't see or reach it.
- Ask a passenger to text for you.

Even if your phone is playing your favorite ringtone because your best friend just texted you, it can wait. Your life is more important than that message.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Autism Awareness Month – www.autism-society.org National Child Abuse Prevention Month – www.childwelfare.gov/preventing/preventionmonth National Minority Health Month – www.minorityhealth.hhs.gov Sexual Assault Awareness and Prevention Month – www.rainn.org National Public Health Week (7-13) – www.nphw.org National Sarcoidosis Awareness Month – www.nationalsarcoidosisfriends.org STI Awareness Month – www.ashastd.org World Health Day (7) – www.who.int/world-health-day/en Every Kid Healthy™ Week – www.actionforhealthykids.org National Facial Protection Month – www.aaoms.org/media/april-is-national-facial-protection-month		1 April Fool's Day Sexual Assault Awareness Month Day of Action	2	3	4	5
6	7 National Public Health Week World Health Day	8	9	10 National Alcohol Screening Day National Youth HIV/AIDS Awareness Day	11	12
13	14	15	16	17	18 Good Friday	19
20 Easter National Infertility Awareness Week	21 Every Kid Healthy Week	22	23 World Immunization Week	24 World Meningitis Day	25	26 National Infant Immunization Week
27	28 Air Quality Awareness Week	29	30	National Infant Immunization Week (April 26-May 3)– www.cdc.gov/vaccines/events/niw/index.html Sports Eye Safety Awareness Month – www.geteyesmart.org/eyesmart/injuries/index.cfm Women's Eye Health and Safety Month – www.preventblindness.org National Infertility Awareness Week (20-26) – www.resolve.org World Meningitis Day (24) – www.comoonline.org Air Quality Awareness Week (April 28-May 2) – www.airquality.noaa.gov Occupational Therapy Month – www.aota.org National Alcohol Screening Day (10) – www.mentalhealthscreening.org/events/national-alcohol-screening-day.aspx Sexual Assault Awareness Month Day of Action (1) – www.nsvrc.org/saam Alcohol Awareness Month – www.ncadd.org Irritable Bowel Syndrome Awareness Month – www.aboutibs.org/site/about-ibs/april-ibs-awareness-month National Distracted Driving Awareness Month – www.focusdriven.org/index.aspx National Donate Life Month – www.organdonor.gov		

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