

Sullivan Benefits



Distracted Driving Awareness

Eighty percent of American drivers mistakenly believe that using a hands-free device while driving is safer than using a handheld device. The reality is that when talking on a cell phone, even if hands-free, drivers can miss seeing up to half of what is around them. This includes traffic lights, stop signs and pedestrians.

April is Distracted Driving Awareness Month. Consider taking the following steps to make sure you stay safe on the roads:

- Pull over to the side of the road if you feel the need to send or read a text.
- Familiarize yourself with your route and prepare any navigational devices before you drive, so that you are not distracted while driving.
- Remember that mobile devices are meant for convenience and are not a necessity when driving.
- Take the [Focused Driver Challenge](#) and pledge to drive cell free.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
National Distracted Driving Awareness Month – www.nsc.org Alcohol Awareness Month – www.ncadd.org Irritable Bowel Syndrome Awareness Month – www.aboutibs.org/site/living-with-ibs/ibs-awareness-month National Autism Awareness Month – www.autism-society.org National Child Abuse Prevention Month – www.childwelfare.gov/topics/preventing/preventionmonth National Donate Life Month – www.organdonor.gov National Facial Protection Month www.aaoms.org National Minority Health Month – www.minorityhealth.hhs.gov Sexual Assault Awareness and Prevention Month – www.rainn.org Occupational Therapy Month – www.aota.org Sports Eye Safety Awareness Month - www.geteyesmart.org/eyesmart/injuries/index.cfm Women's Eye Health & Safety Month – www.preventblindness.org Sexually Transmitted Infections (STI) Awareness Month – www.ashastd.org			National Youth Violence Prevention Week (3-9) – http://nationalsave.org/ National Public Health Week (6-12) – www.nphw.org Sexual Assault Awareness Day of Action (5) – www.nsvrc.org World Health Day (7) – www.who.int/world-health-day/en National Alcohol Screening Day (7) – https://mentalhealthscreening.org/programs/initiatives National Youth HIV/AIDS Awareness Day (10) – http://amplifyyourvoice.org/nyhaad National Infant Immunization Week (16-23) – www.cdc.gov/vaccines/events/niw/index.html National Infertility Awareness Week (24-30) – www.resolve.org Every Kid Healthy™ Week (25-29) – www.actionforhealthykids.org World Meningitis Day (24) – www.comomeningitis.org Air Quality Awareness Week (April 25-29) – http://www3.epa.gov/airnow/airaware/			1 April Fool's Day	2
3 National Youth Violence Prevention Week	4	5 Sexual Assault Awareness Month Day of Action	6 National Public Health Week	7 World Health Day National Alcohol Screening Day	8	9	
10 National Youth HIV/AIDS Awareness Day	11	12	13	14	15	16 National Infant Immunization Week	
17	18	19	20	21	22 Earth Day	23	
24 National Infertility Awareness Week World Meningitis Day	25 Every Kid Healthy Week Air Quality Awareness Week	26	27	28	29	30	

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33 Boston Post Road West Suite 120 Marlborough, MA 01752
 Tel: 508-278-1730 <http://www.sullivan-benefits.com>