**What Is Distracted Driving?**
With more portable technology now than ever, driver distractions have risen to unprecedented numbers. But cell phones aren't the only problem.

Drivers can be distracted by eating and drinking, grooming, tuning the radio or even talking to passengers. Anything that takes a driver's attention from the road is a potential hazard.

There are three main types of distraction:
- **Visual** — taking your eyes off the road
- **Manual** — taking your hands off the wheel
- **Cognitive** — taking your mind off driving

While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types.

Other distracting activities include:
- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD, or MP3 player.

**It’s Deadly**
- In 2009, more than 5,000 people died and almost half a million injuries occurred in the U.S. simply because people were not paying attention to the road. Conversations can wait. The chances of causing a crash that could ruin lives is just too great.
- The proportion of drivers reportedly distracted at the time of the fatal crashes increased from 10 percent in 2005 to 16 percent in 2009.

- About 89 percent of Americans had a cell phone in 2009. In a national survey, 77 percent reported they talk on the phone while driving at least some of the time. (NHTSA)

Visit distraction.gov for more.

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**Eyes on the Road - Toward Zero Fatalities**
Texting, accessing the internet and hand-held cell phone use while driving are against the law in Nevada effective Oct. 1, 2011. You may talk on a phone using a hands-free device.

The fines are $50 for the first offense in seven years, $100 for the second and $250 for the third and subsequent offenses. Fines are subject to doubling if the offense occurs in a work zone. The first offense is not treated as a moving violation.

Exceptions include:
- Any person reporting a medical emergency, a safety hazard or criminal activity.
- Drivers using a voice-operated navigation system affixed to the vehicle or those riding in autonomous vehicles.
- Drivers using citizen band or other two-way radios that have a separate, hand-held microphone and require a license.
- Law enforcement officers, firefighters or emergency medical personnel acting within the scope of their employment.
- Utility workers responding to an outage or emergency and using devices provided by the company.
- Amateur radio operators providing communications services during an emergency or disaster.

**Young Drivers At Risk**
Young drivers are more at risk of distracted driving—especially those under 20 years of age. Nevada has two important restrictions on drivers under 18.

- Drivers age 16 or 17 may not transport passengers under 18, except for immediate family members, for the first six months after receiving their full license. (NRS 483.2523)
- Drivers age 16 or 17 may not drive between 10 p.m. and 5 a.m. unless they are traveling to or from a scheduled event such as work or school events. (NRS 484B.907)