



July 2013

Sue Ann Says Use Common Sense Driving Tips for Safe Summer Travel

Summer time! Are you ready to jump into your car, fasten your seat belt, and have an adventure at a beautiful Wisconsin beach? Or take a sightseeing vacation throughout the United States? I enjoy my trips to visit close friends or family on these warm summer days. Nothing is better than eating an ice cream cone with my grandchildren on a brilliant summer day. No matter where you are headed this summer, I want you to stay safe on the road. Planning a safe trip does not have to take hours, but it does take common sense. Here are my best six safe driving tips for your next summer journey.

No cell phones! I learned to use my car's hands-free bluetooth feature and I love it. Don't have bluetooth? Try a hands-free earpiece or just put your phone in the glove compartment so you don't see it while driving. Even minor distractions, such as peeking at the phone to see who is calling, can cause an accident. There are dozens of distractions on the road already. You don't need another distraction from a text. IT WILL WAIT. If you believe the message is urgent, pull over to a safe area before you talk or text. Not only do you owe safe driving to your passengers, you owe it to the travelers in cars around you.

Do Not Drink and Drive! Approximately one person dies every 50 minutes when hit by a drunk driver. If you choose to have a cooling alcoholic drink, make sure you have set up a designated driver ahead of time. If you do not have a driver, call a taxi or a family member for a ride. Never drive impaired! Even one or two drinks can cause you to lose your quick reflexes and ability to judge distances.

It is NEVER okay to leave a child in the car in the summer! The temperature in a car can increase by 30 to 40 degrees an hour. It may be 85 degrees outside, but in the car the temperature may be over 115 degrees. Heat stroke begins at 104 degrees! Plan errands for times when you can leave the house alone so you aren't tempted to leave your child in the car while you run in for those quick stops and purchases.

Watch out for children and pedestrians! With the excellent weather enticing people to be outdoors, you are much more apt to see children playing, bikers, runners and neighbors walking their dogs. Slow down for them and allow them to enter crosswalks and cross the road safely. Children kick balls into the road and dash between parked cars into the street. You need to watch carefully for them. Do not tailgate bikers, because you don't know when they may slow down. You may not have enough room to stop. You need to be fully present when driving. A small distraction can be that split second of reaction time you need to hit the brakes.



Slow down for road construction! For your safety and the construction workers' safety, follow the speed limit in construction zones. It is the law! Leave enough space between your car and the car in front of you so that you can adequately stop when traffic stops for a piece of construction equipment.

Keep a summer safety box in the car. You can make a safety box similar to the one you make for winter driving. Add bottles of water, a flashlight with a red emergency LED bulb, first aid supplies, and snacks. Always check your tires and spare tire before a trip. Keep your gas tank full and oil changed. By maintaining the car, the possibility of breaking down on a sweltering highway is decreased. If you do break down you will have water and snacks to help keep you cool until help arrives.

I hope that these six tips will keep you safe all summer long. One of my favorite journeys began sixteen summers ago. Yes, I am proud to share the news that the Wisconsin Women's Health Foundation will be celebrating its 16th year this summer. I would like to express my heartfelt gratitude for the fantastic support WWHF has received from citizens, community members and businesses across the state. It is fabulous to look back at all of the progress that WWHF has made in supporting women's health, but there is more to be done! One way to keep the momentum going is by purchasing a WWHF license plate. Fifty percent of the money raised from the license plate is used towards WWHF's health education programs and fifty percent is put toward health grants for community-based programs in the state. Your kind donation will make a difference in the health of women across Wisconsin.

Because it all begins with a healthy woman...

Sue Ann Thompson is founder and president of the Wisconsin Women's Health Foundation (WWHF), a statewide non-profit organization whose mission is to help Wisconsin women and their families reach their healthiest potential. WWHF provides programs and conducts forums that focus on education, prevention, and early detection; connects individuals to health resources; produces and distributes the most up-to-date health education and resource materials; and, awards grants and scholarships to women health researchers and related community non-profits. To learn more, visit wwhf.org or call 1-800-448-5148.

Sidebar Information

WWHF License Plates

Support the WWHF with your license plate purchase today!
There is an application on the WWHF website (www.wwhf.org/involved/shop-wwhf/).



Or contact:

Wisconsin Women's Health Foundation
800-448-5148 or 608-251-1675, ext. 111
wwhf@wwhf.org

When you purchase a WWHF plate you pay:

- A \$15 original issuance fee, or an annual \$15 personalized plate fee
- A \$25 tax-deductible donation, which is sent to WWHF
- Your regular registration fee, if your current plates expire within 3 months.

You can also make your donation in memory or in honor of someone.