

Mayo Clinic Minute: Holiday driving safety tips

VIDEO	AUDIO
Jason	If you're headed out on the highway this holiday season, be aware of the driving dangers.
Michael Boniface, M.D. Emergency Medicine Mayo Clinic	"We know that there is a big spike in motor vehicle-related accidents and deaths during the holiday season. This may be up to five times what we normally see on any other given day of the week."
Jason	Dr. Michael Boniface [BON-ih-face] is an emergency medicine physician at Mayo Clinic. He says a lot of driving accidents are preventable if you practice safe driving habits.
Dr. Boniface	"First of all, never drink and drive. There's always an alternative. Use a designated driver, call a taxi or a ride-hailing service."
Jason	His second tip: Always buckle up. And make sure children are secured in age-appropriate safety seats.
Dr. Boniface	"Seat belts save lives. They reduce your risk of dying by about 50 percent in major car accidents."
Jason	And if you're driving, put the phone or any other device away. Distracted driving can easily cause a crash if you're not focused on the road.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.