There are two words synonymous with Thanksgiving: turkey and traffic. With more than 48.7 million Americans expected to be heading over the river and through the woods to visit loved ones this week, conditions are ripe for more accidents. Help protect yourself and your vehicle by following these holiday travel tips:

• **Prepare your vehicle.** Driving in continuous stop and go traffic causes additional stress on vehicles. To help avoid breakdowns, conduct a thorough **pre-trip inspection** as required by federal regulations before every trip. Pay special attention to brakes, tire pressure, condition of belts, hoses and fluid levels. Top off the fuel tank frequently to avoid any problems should you encounter heavy congestion along the way.

• **Plan your route.** Get an update on traffic issues by checking radio reports and [federal](#) and [state](#) department of transportation websites. Expect delays and allow extra time to reach your destination. Utilize alternate routes if available. Also, weather can be unpredictable this time of year, so check weather conditions. Websites such as [www.weather.gov](http://www.weather.gov), [www.weather.com](http://www.weather.com), [www.accuweather.com](http://www.accuweather.com) may be helpful.

• **Stay fresh and alert.** Try to get eight hours of restful sleep before driving and take regular breaks to reduce the risk of fatigue. If you get tired, pull off the road to a safe place to rest.

• **Slow down and keep plenty of distance.** With the additional highway congestion, speeding and following too closely become even more dangerous. Give yourself an extra cushion of space and reduce your speed to react to the traffic around you.

• **Keep your eyes moving.** Scan far enough ahead to see the “big picture” and check your mirrors regularly, to the sides and to the rear, to help anticipate trouble.

• **Stay away from impaired drivers.** Two things you can be sure of this Thanksgiving holiday: alcoholic beverages and people driving. Keep clear of vehicles that are weaving, swerving or drifting; driving at inconsistent speeds; braking erratically; ignoring or responding slowly to traffic lights and driving at night with no lights.

• **Watch out for confused or distracted drivers.** Out-of-town visitors unfamiliar with the area or drivers multi-tasking can cause big problems. Keep an eye out for their irregular movements and hesitations, and give yourself extra time and space to help avoid problems.

• **Be aware of increased pedestrian traffic.** While corners and intersections are very risky, also be on the lookout for pedestrians in heavily congested areas, in parking lots, along the shoulder of the road and while driving on streets lined with parked cars. Slow down and be prepared to stop.

Holiday traffic can be frustrating, but if you stay calm, buckle up, slow down and increase your following distance, you can help avoid becoming a statistic and enjoy a safe and happy Thanksgiving with your family and friends.

If you need additional information on safety, driver training or regulatory issues, please call or visit [www.lancerinsurance.com/safetylinkhotline.htm](http://www.lancerinsurance.com/safetylinkhotline.htm).

We cannot foresee every situation and these suggestions may not apply to all circumstances you encounter. While we make a good faith effort to advise you, your own ability to assess risks you face are critical to your safety. © Lancer Insurance Company