

Road Rage/Protect Yourself

- If you are dealing with an aggressive driver, make sure your doors are locked. If you're stopped in traffic, leave enough room to pull out from behind the car you're following. If an aggressive driver confronts you, dial 911 or go to the nearest police station.

Don't take it personally.

- Be polite and courteous, even if the other driver isn't. Avoid any conflict, if possible. If another driver challenges you, take a deep breath and move out of the way! Never underestimate the other driver's capacity for causing mayhem.

Reduce your own stress.

- Allow plenty of time for a trip and listen to soothing music when you drive. Make sure your seat position and climate are both comfortable for you. And mostly understand that you cannot control traffic, only your reaction to it. In the end, you may find that personal frustration, anger and impatience are the real danger zones on the highway.

Report aggressive drivers to the police

- If you make a call, be sure you give a vehicle description, license number, and the location and travel direction. You could prevent a tragedy.
- Be a courteous driver.
- You can set the example, which can help make our roads safer.
- Control your anger.
- Don't take traffic problems personally.
- Avoid making eye contact with an aggressive driver.
- Don't make obscene gestures.
- Don't tailgate.
- Use your horn sparingly — even a polite honk can be misinterpreted.
- Don't block the passing lane.
- Don't block the right turn lane.