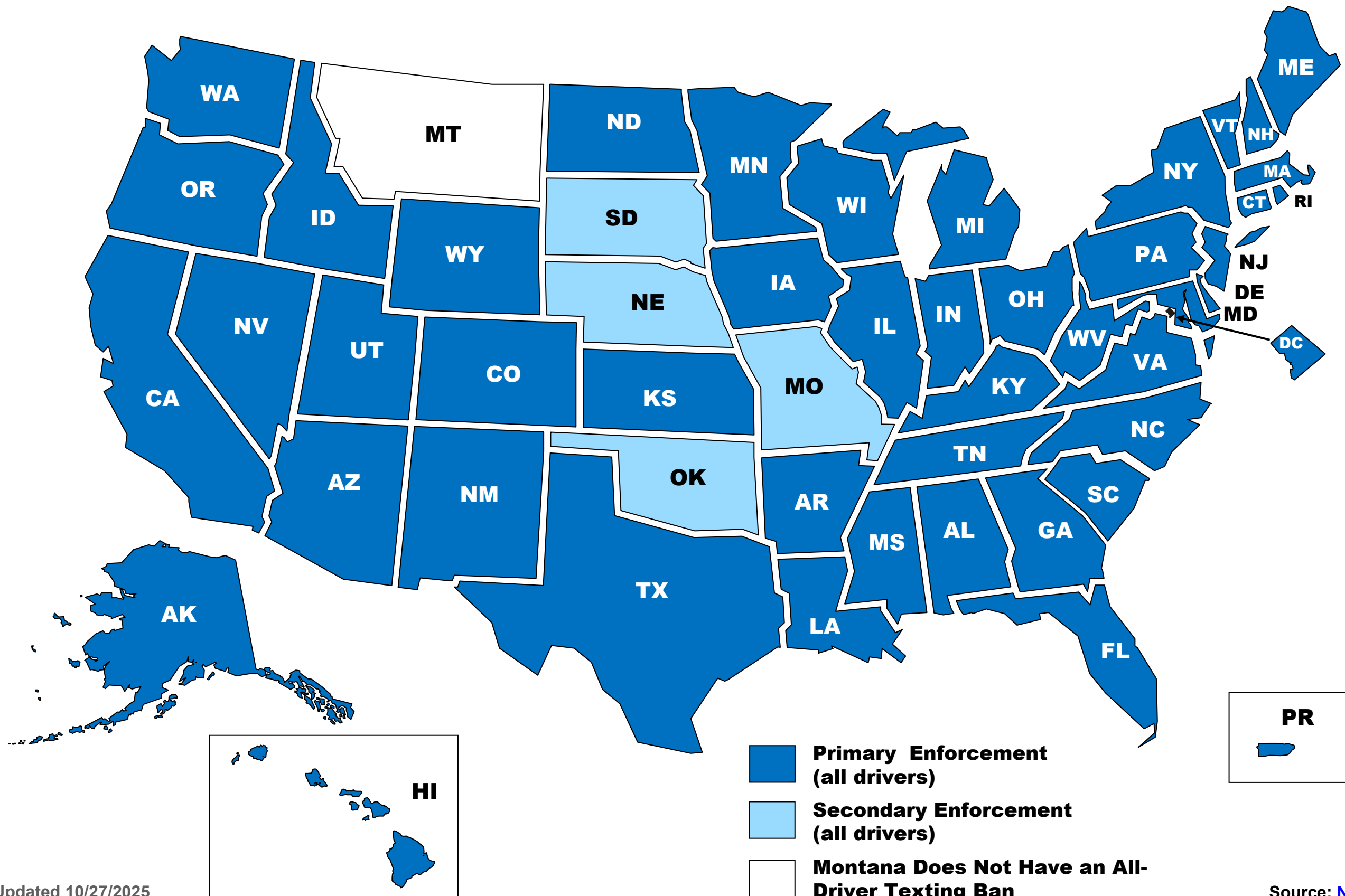




U.S. Department of Transportation
National Highway Traffic Safety
Administration

State Text Messaging Bans

49 states, DC, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands ban text messaging for all drivers.



Updated 10/27/2025

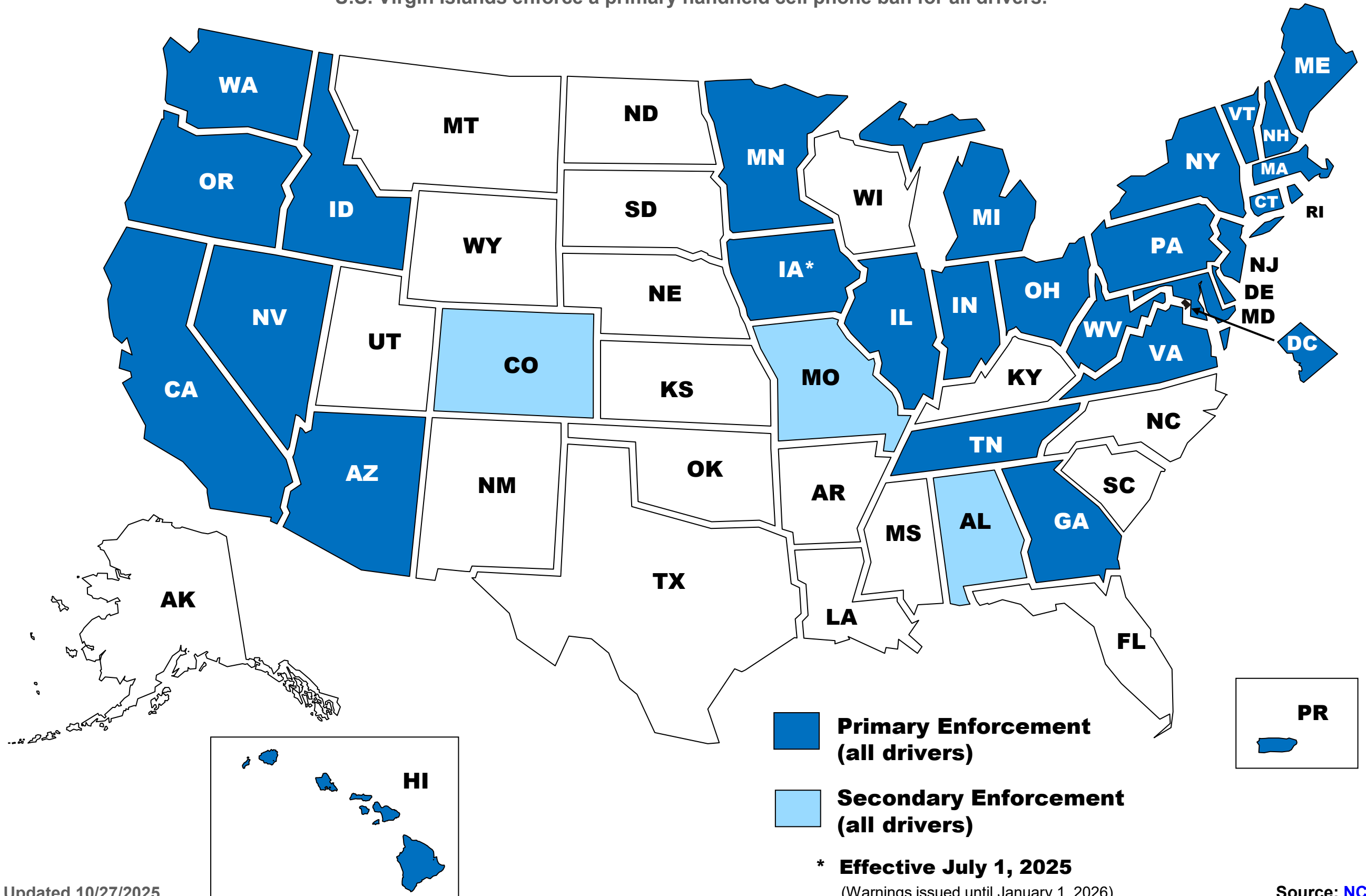
Source: [NCSL](https://www.nhtsa.gov/nhtsa/roadway-safety/traffic-safety-campaigns/texting-while-driving)



U.S. Department of Transportation
National Highway Traffic Safety
Administration

State Handheld Cell Phone Bans

31 states, DC, the Northern Mariana Islands, Puerto Rico, and the
U.S. Virgin Islands enforce a primary handheld cell phone ban for all drivers.



Updated 10/27/2025

Source: [NCSL](#)