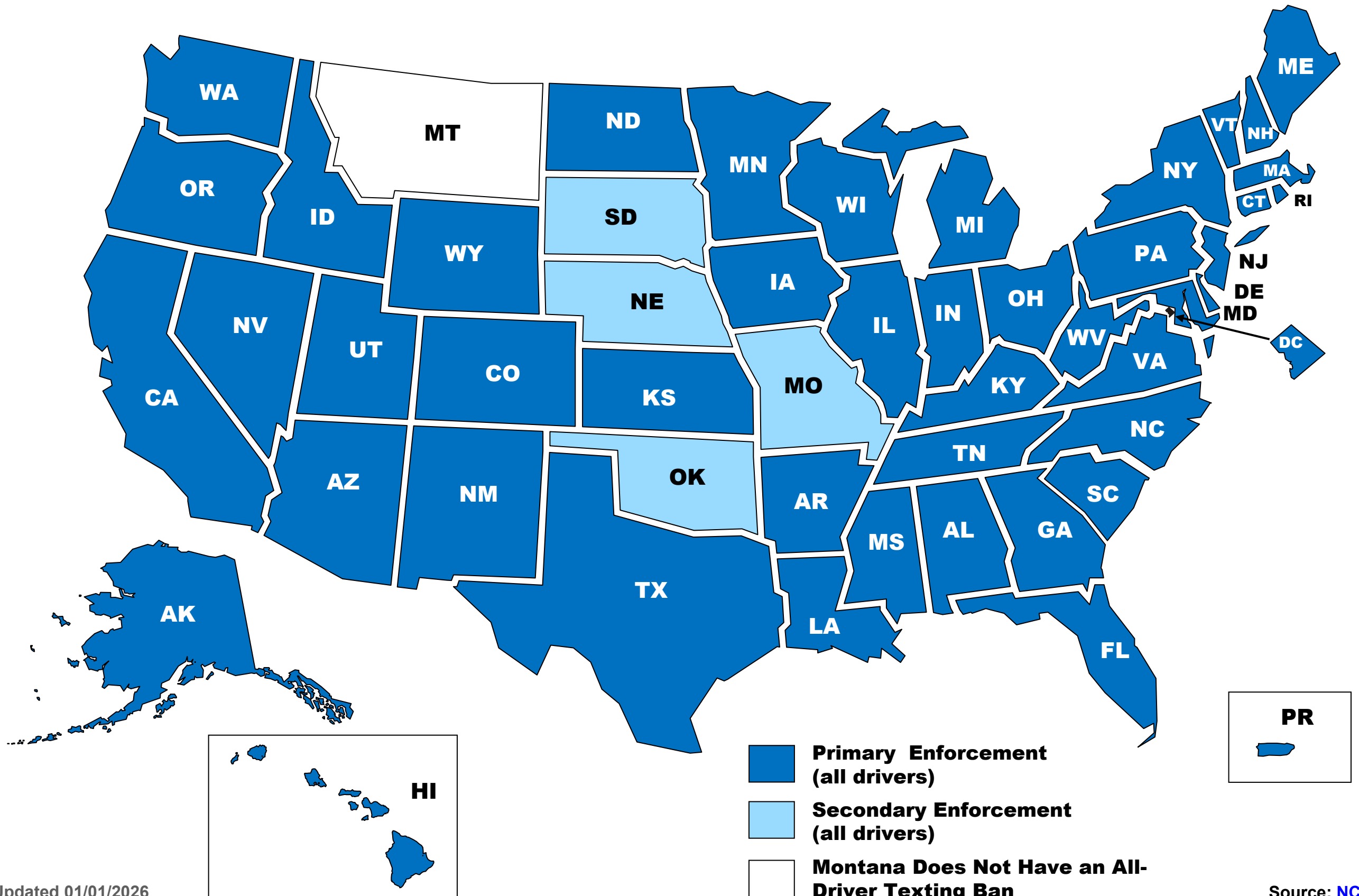




U.S. Department of Transportation
National Highway Traffic Safety
Administration

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 01/01/2026

Source: [NCSL](https://www.ncsl.org/legislative-policy/traffic-safety/state-text-messaging-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.

