



# Driver Beware: Use Medications With Care

If you're feeling a little under the weather lately, you're not alone. Suddenly it seems as if everyone is sniffing, sneezing and coughing, meaning cold and flu season is definitely underway. While not everyone needs a doctor's care and prescribed medications for these seasonal ailments, many people turn to over-the-counter (OTC) medications for relief. However, many of these non-prescription remedies can seriously impair your driving ability.

## Medication Risks

Whether prescription or OTC, medications can affect individuals differently and many people are not familiar with the side effects which can be influenced by the length of time medications are taken, a person's overall health, metabolism, age, tolerance and sensitivity to medicines and interaction with other medications.

In some individuals, prescription and OTC medications can diminish driving ability as much as alcohol does. They may cause drowsiness or excitability, blur vision, trigger hallucinations and/or raise or lower blood pressure. Medications can have an effect on concentration, coordination, reaction time, judgment, tracking (maintaining a safe distance and staying in your lane), attention and perception, especially when driving at night. Some remedies can fool you into believing you are in control of your driving when you are, in fact, impaired.

## Recommended Tips

To avoid harming yourself or others, read the instructions carefully before taking ANY medication, even an herbal supplement. Medications are required to have ingredients, directions for use, warnings and other information clearly visible on every package. You may want to consult with your physician and pharmacist about your medication's possible side effects, what drugs are safe to combine and possible interactions that could impair driving. Be sure to follow the recommended dosage and never take anyone else's medicine.

If you are going to drive, allow your body time to adjust to new medications before doing so. Ask for non-sedating forms of your prescriptions and look for OTC medications that are specifically non-drowsy. While they may not always alleviate your symptoms as effectively, they will provide for safer operation of a motor vehicle. Contact your company management and advise them if your symptoms persist and could interfere with the safe operation of your vehicle. Most importantly, know the signs and symptoms of being drug impaired before getting behind the wheel.

Of course, you should do your best to prevent getting ill in the first place. Follow a good diet, get enough rest, and drink plenty of water to help stay well. Wash your hands often and avoid touching your nose, eyes, and mouth. More colds and flu are transmitted from hand-to-hand, doorknob-to-hand and hand-to-mouth than in any other way.

**IMPORTANT NOTICE:** The information provided herein should not be used as a substitute or supplement for professional medical advice. It is your responsibility to obtain the advice of physicians and other health care providers for complete information regarding your particular health care needs.

Contact TEC Insurance today to learn more  
about risk management and reduction.

503-285-7667

Toll-free: 1-800-525-6333

[www.tecinsurance.net](http://www.tecinsurance.net)



**TEC Insurance**

Commercial Agency

a TEC Equipment company

Your Best Business Partner

[www.tecinsurance.net](http://www.tecinsurance.net)

[www.tectrucks.com](http://www.tectrucks.com)