

Hay Fever Drivers Should Take Care

With summer almost upon us, hay fever sufferers will be stocking up on their medications to fight the onslaught of itchy eyes and streaming noses. According to a recent report from Privilege Insurance, drivers should exert caution when selecting hay fever remedies: many can have an adverse effect on their driving abilities.

As if the symptoms themselves weren't enough of a distraction, it seems many of the hayfever medications available could possibly alter drivers' abilities behind the wheel. In the recent survey by Privilege, almost half the hayfever-suffering motorists surveyed said they took some form of medication. 18% of this group admitted this had a negative effect on their driving.

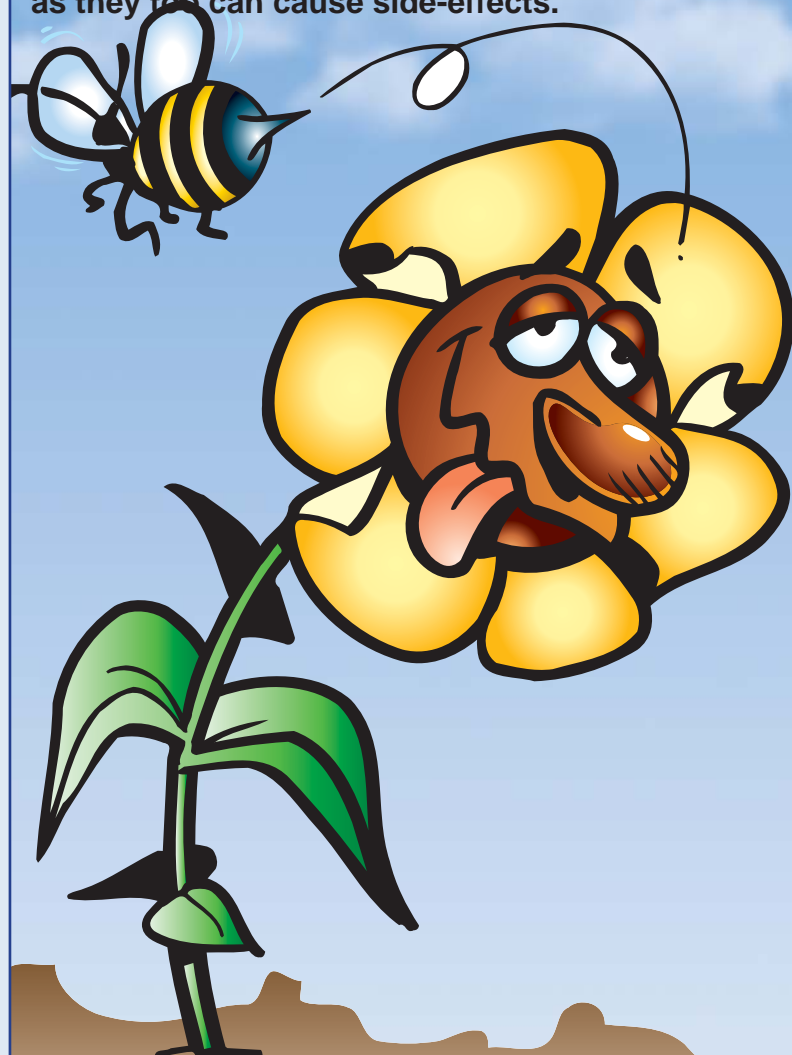
Worryingly, 10% of respondents claimed their concentration levels and reaction times had been impaired either by the hay fever symptoms or as a result of their medication. However, 80% of those surveyed said they would take action to change their driving habits if they felt they were suffering adverse reactions to medication.

Just under 40% said they would avoid taking their medication if they were driving, whilst a quarter said they prefer not to drive at all under the circumstances.

The problem with many anti-allergy drugs is they tend to create side-effects ranging from slight drowsiness through to lethargy, dizziness, nausea, and even blurred vision: not a good combination for drivers. Although all such medications will carry warnings relating to the side-effects (including advice

NOT to drive or operate machinery), many people simply do not check the small print on their medication. Indeed, the Privilege survey suggests a quarter of drivers admitted they didn't check for side effects before taking the medication.

The message is clear. If you suffer from hay fever, make sure you read the instructions on any medication you plan to take before or during driving. Be clear about the side effects and take appropriate action to minimize risk. Remember also that herbal and natural remedies should also be checked as they too can cause side-effects.



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