



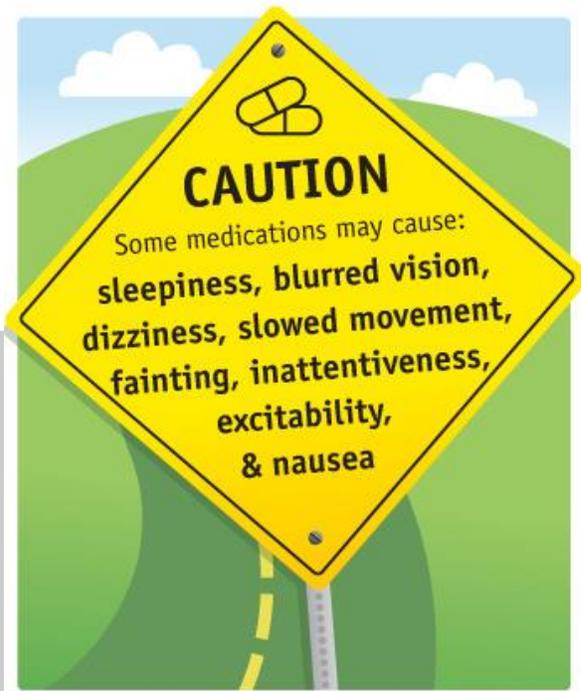
# "A Customer First Company"

## March 2016

### Welcome to the March 2016 Edition of "On the Move"

#### How is Your Allergy Medication Impacting Your Driving?

The FDA has reminded Americans that allergy medicine may lead to drowsiness behind the wheel. With allergy season just beginning, the agency is saying people taking antihistamines should be very cautious when getting behind the wheel.



Source: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm107894.htm>

When your body comes in contact with an allergen such as pollen, ragweed, molds - your body produces a chemical called histamines. These chemicals cause the nose tissue to swell, which makes you become stuffy. In addition, it may also lead to other symptoms such as runny nose, watery eyes, redness and itching.

Taking an antihistamine like diphenhydramine -- sold as Benadryl -- can reduce or block histamines. However, the FDA says some antihistamines can make you feel drowsy, unfocused and slow to react.

You may also experience slower reaction time, haziness, or mild confusion -- even if you don't feel drowsy after taking the antihistamines.

And don't think that Benadryl is the only medication that can cause these symptoms. Some people who are taking other popular allergy drugs like cetirizine (Zyrtec) and loratadine (Claritin) may also experience drowsiness.

If you must drive it is important to monitor yourself. Learn to know how your body reacts to the medicine you are taking. Keep track of how you feel, and when any effects occur. Consider changing the medicine to one that causes less drowsiness if you are still experiences side effects. In addition, you may want to adjust the timing of doses or when you use the medicine. Some medications may be best taken at night when you are going to bed.

Finally, some allergy medicines may look similar, but contain different ingredients. It is important to know exactly what you're taking. Read the labels and make sure you are aware of potential side effects especially if you are taking a new drug. Lastly, if you have taken allergy medication and you feel like it is unsafe for you to drive let your fellow vanpool members know. Safety is key and what is most important.

Source: <http://www.cbsnews.com/news/fda-allergy-medications-may-make-you-too-drowsy-to-drive/6063>

#### Foods that May Give You Seasonal Allergy Relief

If you can't seem to find the right allergy medication you may want to consider changing your diet as a great defense to fighting off seasonal allergies. Although no food is a proven cure, healthy eating may help you during this season. Here is a list of foods you can try:

1. Onions, peppers, berries, and parsley all have quercetin. This natural plant chemical may reduce "histamine reactions." Histamines are part of the allergic response.
2. Kiwi is rich in vitamin C. It can also cut down on histamines.
3. Pineapple has an enzyme called bromelain which can reduce irritation in allergic diseases such as asthma.



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4. Tuna, salmon, and mackerel have Omega-3 fatty acids that can reduce inflammation. Go for two servings of fish every week. A study from Japan found that women who ate more fish had lower levels of hay fever, also known as allergic rhinitis.
5. Kefir is a yogurt drink that contains probiotics which are good bacteria that live in your gut. They may help prevent and even treat seasonal allergies.
6. Local Honey. Research varies on whether local honey helps you head off allergies. If you take small doses of the honey early in the season you may develop a tolerance toward pollen in your area. One study found that people who ate birch pollen honey had fewer symptoms of birch pollen allergy than those who ate regular honey.

Source: <http://www.webmd.com/allergies/features/7-day-menu-for-spring-allergy-season>

1. Be especially careful to watch for cyclists when making right or left turns.
2. Check for bicyclists along the edge of the traffic lane before opening car doors so as not to cause a collision when exiting the vehicle.
3. Allow three feet of passing space between your vehicle and the cyclist.
4. Be patient.
5. Pay special attention to blind spots.
6. Be attentive on side streets and neighborhoods. Follow the speed limit, avoid being distracted and always be aware of your surroundings.
7. Give cyclists extra room during inclement weather.

Source: [https://www.washingtonpost.com/blogs/dr-gridlock/post/be-safe-on-fridays-bike-to-work-day/2011/05/18/AFxQ0a6G\\_blog.html](https://www.washingtonpost.com/blogs/dr-gridlock/post/be-safe-on-fridays-bike-to-work-day/2011/05/18/AFxQ0a6G_blog.html)

## K&K Connection March Birthdays

We would like to wish everyone born in the month of March a very special HAPPY BIRTHDAY!

- |                    |                  |
|--------------------|------------------|
| Nick Blend         | TJ Branch        |
| Tonya Bumpus       | Justin Chavis    |
| Gopi Chelliah      | Denise Dean      |
| Valerie Craighead  | Justin Dillard   |
| Mark Estes         | Susan Fulton     |
| Raven Givens       | Kathy Glascoe    |
| Sheila Goode       | Thomas Harrell   |
| Michael Hughes     | Wesley Jenkins   |
| Mahesh Kalamanda   | Arun Kumar       |
| Leslie Lee         | Carla Ruffin     |
| Ta'Shima Oliphant  | Damaien Parker   |
| Kyle Reynolds      | Alex Salunga     |
| Chinita Richardson | Rahul Shah       |
| Michael Richardson | Sam Scott        |
| Angela Robinson    | Lakisha Williams |
| Shavon Turner      | Doris Wilson     |
| Barbara Wilson     | James Wilson     |

## Bike to Work Day 2016



Photo Source: <http://patch.com/virginia/ashburn/bike-work-day-set-may-20-0>

On Friday May 20, 2016 Commuter Connections and the Washington Area Bicyclist Association will be inviting bicyclist from around the region to participate in this year's Bike to Work Day. Many new and experienced cyclists around the region celebrate bicycling as a clean, fun, and healthy way to get to work. Last year's record-breaking event drew more than 17,500 bicycle commuters across the whole region.

For drivers it is important to remember on this day that the cyclists have as much right to be on those streets as you do, and they're a lot more vulnerable in collisions than you are. Drivers will be seeing more riders than they're used to on busy commuter routes. Many of these cyclists will be riding in packs. Here are a couple of safety tips to keep in mind:

## Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of March. We are so privileged that you have decided to make K&K your vanpool company of choice.

Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
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