

Attention Parents of Student Athletes:

We need your help to fight prescription painkiller addiction and overdose. It only takes a little to lose a lot.



The danger of addiction is closer than you think...

Prescription opioids (painkillers) can be addictive and dangerous.

- A growing number of student athletes are becoming addicted to painkillers after being prescribed painkillers for an injury. Common drugs that are given are: Vicodin, OxyContin or Percocet. These drugs are opioids. Heroin is also made from opioids.
- Prescription and street drugs are causing a record number of overdose deaths. People aged 12 - 49 who became dependent on prescription painkillers were 19 times more likely to have used heroin.

If your child is injured, ask questions.

New research shows that often times the best pain relief is found through over-the-counter drugs, which are effective and do not cause addiction.

While your child may have a real need for pain medication, you can ask their provider for a lower dose and smaller number of pills, which can be just as effective in easing your child's pain.

As a parent or student athlete, ask questions.

- "What are the side effects of this medication?"
- "Do I have to finish taking all of these pills?"
- "When can I switch to acetaminophen and ibuprofen?"

For some, it can take as little as a week to become dependent on painkillers.

Parents can help stop addiction and overdoses.



Work with your child's coach to keep athletes upbeat as they heal. Traumatic events and depression are connected to addiction.

- Children who learn about the dangers of drugs at home are up to 50 percent less likely to use drugs than those who do not get that important message from their parents
- Count the number of pain pills in your home and keep them secured. Drop off unused pills at a RX Drop-Off Location. Ask your friends and family members to do the same.
- Your child could be addicted if you notice changes in mood, grades, weight; lack of energy for practices, games, school, and team activities. Physical signs include; red, watery eyes, large or small pupils, cold, sweaty palms, shaky hands, running nose or hacking cough, poor physical coordination, puffy face or paleness.
- If you notice these signs, talk to your child's healthcare provider right away.