

# Attention Parents of STUDENT ATHLETES



## Prescription opioids can be addictive. It only takes a little to lose a lot.

The danger of addiction is closer than you think. Student athletes are becoming addicted to prescription opioids after being prescribed pain medication for an injury. Common drugs that are given are: **Vicodin, OxyContin, or Percocet**. These drugs are opioids. Heroin is also an opioid.

**For some, it can take as little as a week to become dependent on prescription opioids.**<sup>1</sup> Nearly half of young people who inject heroin start by using prescription drugs.<sup>2</sup>



## Did You Know?

Research shows that 500mg of acetaminophen (Tylenol) and 200mg of ibuprofen taken together up to 4 times per day is most effective for treating severe pain for most people.

### As a parent or student athlete, ask questions...

1

- "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?"

2

### Take action...

- Traumatic events and depression are connected to addiction. Work with your child's coach to keep athletes upbeat as they heal.
- Count the number of pain pills in your home and keep them secured.
- Dispose of unused or expired medications at a local drop box. To find a location near you, visit <https://portal.obn.ok.gov/takeback>. Ask friends and family members to do the same.

3

### Be on the lookout for...

- Red, watery eyes; large or small pupils
- Runny nose or hacking cough
- Cold, sweaty palms; shaky hands
- Poor physical coordination
- Puffy face or paleness
- Changes in mood, grades, weight
- Lack of energy

**If you notice these signs, talk to your child's healthcare provider right away.**

1. Shah A, Hayes CJ, Martin BC. Characteristics of Initial Prescription Episodes and Likelihood of Long-Term Opioid Use — United States, 2006–2015. MMWR Morb Mortal Wkly Rep 2017;66:265–269.  
2. NIDA. Heroin. National Institute on Drug Abuse website. <https://www.drugabuse.gov/publications/research-reports/heroin>. November 13, 2014. Accessed May 2, 2017.

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This publication was supported by Cooperative Agreement 6 NU90TP921976-01-01 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services. This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. 3,000 copies were printed by Docutech at a cost of \$900. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at [www.documents.ok.gov](http://www.documents.ok.gov). | [www.health.ok.gov](http://www.health.ok.gov). | July 2020 | 200705IPS

