Attention Parents of Student Athletes:
Prescription painkillers can be addictive.
It only takes a little to lose a lot.

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

A growing number of student athletes are becoming addicted to painkillers 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 made from opioids.

For some, it can take as little as a week to become dependent on prescription painkillers. Nearly half of young people who inject heroin start by using Rx drugs.

Stop addiction before it takes over.

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?"

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.
- Drop off unused pills at a RX Drop-Off Location. Ask friends and family members to do the same.

Be on the lookout for:

- red, watery eyes, large or small pupils
- running nose or hacking cough
- cold, sweaty palms, shaky hands
- poor physical coordination
- puffy face or paleness
- changes in mood, grades and weight
- lack of energy for practices, games, school, and team activities

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


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