Know More.
Do More.

Understanding Substance Misuse in Teens

INJURED AND ANXIOUS TO COMPETE AGAIN?

ADDICTION can be an unintended consequence of misusing powerful medicines.

DEALING WITH AN INJURY?

- Talk to your athletic trainer and/or doctor.
- Try rest, ice/heat, compression, elevation, Tylenol® or Motrin®.
- Stick with your recovery plan.

PRESCRIBED OPIOID PAIN MEDS?

- Take opioid pain meds ONLY if over-the-counter meds aren't working.
- Stop using pain meds as soon as pain is bearable.
- NEVER mix opioid pain meds with alcohol or other subtances — the combo can kill you.

! If you believe a friend or teammate is misusing, please let someone you trust know. If you see something, say something.

Dublin ACT Coalition
Nationwide Children's
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