

**DON'T BE A SPECTATOR.**

# COACHES

**can help prevent the misuse of prescription, illicit, and over-the-counter medications.**

**LEARN THE FACTS.** Educate yourself about the substances your athletes and other students may have access to. Know common types of prescription, illicit, and over-the-counter drugs that might be prescribed to or used by your athletes if they are injured or experience pain.

**START THE CONVERSATION.** Initiate conversations about the safe use of prescription, illicit, and over-the-counter drugs. Encourage parents to talk with doctors or healthcare professionals if their adolescents are prescribed medications, are injured, or experience pain.

**KNOW THE SIGNS.** As a coach, your first line of defense is recognizing risky decisions or behaviors from adolescents and athletes. Always be aware of how your athlete is handling life in and out of season. Be a resource for your athletes and other students, and stay in contact with them regularly for support.

## SAFE DECISIONS BEGIN WITH SIMPLE CONVERSATIONS.

**Coaches** have important roles in ensuring that adolescents and student-athletes make safe chemical health decisions. Educate yourself on methods for the safe use, storage, and disposal of prescription drugs. Be aware of the use or misuse of illicit and over-the-counter substances. Coaches can share this knowledge with parents and other adults, who can also begin to have conversations with the adolescents and student-athletes in their lives. Use the information below to start the conversation.



### SAFE USE

1. Talk. Speak up and ask doctors and healthcare professionals questions.
2. Know. Learn about prescription, illicit, and over-the-counter drugs.
3. Read. If prescribed, examine labels and follow directions.
4. Avoid. Be aware of interactions between drugs.
5. Monitor. Observe reactions to a medication if prescribed, and stay in contact with your doctor.



### SAFE STORAGE

1. Store your prescription and over-the-counter medications in a safe location out of sight away from other family members, friends, visitors, and pets.
2. Install a locking mechanism on your cabinet. Other options include prescription lock boxes and household safes.
3. Monitor and count the amount of prescription and over-the-counter drugs that remain each time a dose is taken.



### SAFE DISPOSAL

1. Follow DEA guidelines for the safe disposal of your medications.
2. Look for a free prescription take-back location near you. Many police stations and pharmacies offer ways to safely and anonymously dispose of unused, unwanted, or leftover medications.
3. Participate in prescription take-back events and community drug take back days that occur several times each year (DEA.gov).



SCAN FOR MORE  
COACH RESOURCES

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# OMNI



THE  
PRESCRIPTION  
PLAYBOOK