

INTERNATIONAL OVERDOSE AWARENESS DAY

August 31, 2026 • A San Mateo County Resource for Middle & High School Students

International Overdose Awareness Day (IOAD) is the world's largest campaign to end overdose. It's a day to remember without stigma those who have died, acknowledge the grief of families and friends, and recognize that overdose death is preventable.

Fentanyl — a synthetic opioid up to 50x stronger than heroin — is now showing up in counterfeit pills and other drugs, often without the user's knowledge. Even a very small amount can be fatal. Knowing the facts and knowing what to do can save a life.

KNOW THE FACTS

- Fentanyl is often mixed into pills, powders, and vapes — you can't see, smell, or taste it.
- One pill can kill: counterfeit pills made to look like Xanax, Percocet, or Adderall may contain a lethal dose.
- Naloxone (Narcan) can reverse an opioid overdose in minutes — it is safe, legal, and easy to use.
- Overdose is a medical emergency, not a crime. Calling 911 can be done without fear for the person you're helping.

KNOW THE SIGNS OF OVERDOSE

- Slow, shallow, or stopped breathing
- Blue or gray lips and fingertips
- Limp body, can't be woken up
- Choking, gurgling, or snoring sounds
- Pinpoint (very small) pupils

WHAT TO DO: RECOGNIZE. CALL. ADMINISTER. STAY.

- RECOGNIZE the signs of an overdose (see above).
- CALL 911 immediately. California's Good Samaritan Law protects people who call for help.
- ADMINISTER naloxone (Narcan) if it's available — spray it into one nostril. Give a second dose after 2–3 minutes if there's no response.
- STAY with the person, keep them on their side, and stay until help arrives.

RESOURCES FOR STUDENTS & FAMILIES

988 Suicide & Crisis Lifeline	Call or text 988 — free, confidential support 24/7 for mental health, substance use, or emotional crisis.
SAMHSA National Helpline	1-800-662-HELP (4357) — free, confidential, 24/7 treatment referral and information service.
San Mateo County BHRS Access Call Center	1-800-686-0101 — free, confidential referrals to County behavioral health and substance use services.
Naloxone (Narcan) Access	Free naloxone is available through San Mateo County Health and many school health offices. Ask your school wellness coordinator, nurse, or counselor how to get trained and get a kit.
Stanford REACH Lab	Research-based prevention resources, curricula, and educator/student trainings on substance use prevention — ask your TPYE/PYE site coordinator how to bring a REACH Lab session to your school.
Aware & Prepare	A Comprehensive Curriculum for Fentanyl & Other Opioid Overdose Prevention and Harm Reduction, from Stanford REACH Lab.
REACH Lab Materials	Additional prevention resources and materials from Stanford REACH Lab.
Talking to Teens About Substance Use (REACH Lab/SCHE Course)	Developed by Stanford REACH Lab and the Stanford Center for Health Education, this course teaches evidence-based skills for having nonjudgmental, two-way conversations with young people (ages 11–19) about preventing and reducing substance use. For school staff, coaches, and caregivers.
Fentanyl and Opioid Overdose Prevention Kit (Flipbook)	This set of campaign materials highlights the dangers of illicit fentanyl, its impact on teens and young adults, harm-reduction strategies such as naloxone and test strips, and other educational resources. Note: many resources in this campaign satisfy California AB 2429 and similar bills in other states.

TALK TO A TRUSTED ADULT

If you or someone you know is struggling, using substances, or in danger — tell a trusted adult right away: a parent, teacher, school counselor, coach, or any adult you trust. You are not alone, and asking for help is a sign of strength.

FOR SCHOOL STAFF: NALOXONE ORDERING & TRAINING

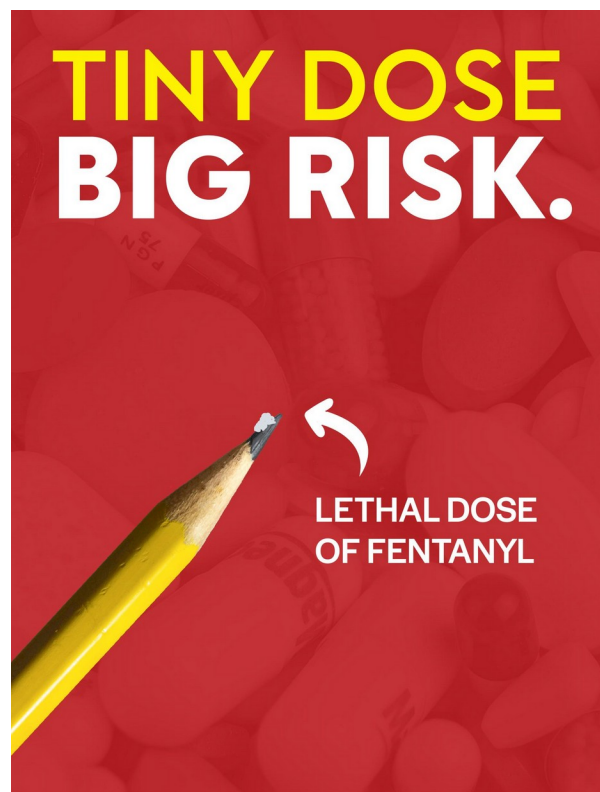
Naloxone Order Form

Click link to order: [SMCOE District Naloxone/Narcan Request Form](#)

Shipment will be mailed out to the designated district contact within 2 weeks of receipt of order.

Free Naloxone Virtual Trainings (Individuals & Groups)

- [Administering Naloxone – Training Video \(YouTube\)](#)
- [Administración de Naloxona: video de capacitación en español \(YouTube\)](#)
- [Naloxone Training for Health Care Providers](#) – CDC offers several naloxone training modules for health care providers; earn CE credit upon completing the full module.
- [Overdose Education and Naloxone Distribution \(webinar recording\)](#) – for professionals responsible for educating laypersons about opioid overdose and distributing naloxone in their community.



**FENTANYL
AND OPIOID**
Awareness and Overdose Prevention



Learn about the risks of
fentanyl and how you can
protect yourself and
those around you!



Tobacco-Use Prevention and Youth Engagement (TPYE) | San Mateo County Office of Education

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TPYE partners with community organizations to build the capacity of adults and youth in grades 6–12 to tackle tobacco, cannabis, opioid, and fentanyl use — uniting a countywide Consortium of 22 districts in creating healthy, connected, drug-free schools.