



INTERNATIONAL OVERDOSE AWARENESS DAY

— AUGUST 31, 2026 —



International Overdose Awareness Day is a time to remember those we have lost to overdose, support the families and friends left behind, reduce stigma, and take action to prevent overdose.

KNOW THE SIGNS

OF AN OPIOID OVERDOSE



Small, constricted
“pinpoint” pupils



Unresponsiveness or
inability to wake up



Slow, shallow, weak,
or stopped breathing



Choking, snoring,
or gurgling sounds



Limp body



Pale, blue, gray, or
cold/clammy skin

If you're not sure, treat it as an overdose. 

KNOW WHAT TO DO



CALL 911.
Every second counts.



**GIVE NALOXONE
(NARCAN®) IF AVAILABLE.**
Naloxone can reverse an
opioid overdose.



Try to keep the person
breathing. Place them on
their side to help prevent
choking.



Stay with the person until
emergency help arrives.



Naloxone saves lives.
Overdose is preventable.



REMEMBER.
Those we have lost.



SUPPORT.
Families and
communities.



TAKE ACTION.
Together, we can
end overdose.

REMEMBER. SUPPORT. TAKE ACTION. END OVERDOSE.

#IOAD2026

#OverdoseAware

#EndOverdose



SCAN FOR RESOURCES
cdc.gov/stopoverdose



For more information or to learn about our services,
please contact Denise Manassa at CDAC:



850-434-2724