



2019 Health Awareness Calendar

January

SunSmart Skin Cancer Awareness Month (1 December to 31 January)

- 4** **World Braille Day**
- 27** **World Leprosy Day**

February

Healthy Lifestyle Awareness Month
Reproductive Health Month
Environmental Health Awareness Month

- 4** **World Cancer Day**
- 11** **International Epilepsy Day**
- 11-15** **STI / Condom Week**
- 11-15** **Pregnancy Awareness Week**
- 12-27** **HPV vaccination first round**
- 15** **Healthy Lifestyle Awareness Day**

March

TB Awareness Month

- 3** **World Hearing Day**
- 3** **World Birth Defects Day**
- 8** **International Women’s Day**
- 4-11** **World Salt Awareness Week**
- 10-16** **World Glaucoma Week**
- 14** **World Kidney Day**
- 20** **World Head Injury Awareness Day**
- 21** **Human Rights Day**
- 21** **World Down Syndrome Day**
- 24** **World TB Day**

April

Health Awareness Month

2	World Autism Awareness Day
7	World Health Day
17	World Haemophilia Day
24-30	African Vaccination Week
25	World Malaria Day

May

Anti-tobacco Campaign Month

Burns Awareness Month

International Multiple Sclerosis Month

5	World Hand Hygiene Day
5	International Midwives Day
3-9	National Burns Awareness Week
6-13	Hospice Week
8	World Red Cross Day
10	Global Move for Health Day
12	International Awareness Day for Chronic Immunological and Neurological Diseases
12	International Nurses Day
15 May -15 Jun	Go Turquoise for the Elderly Campaign
17	World Hypertension Day
20-26	National Epilepsy Week
26 May- 3 Jun	National Child Protection Week
28	International Day of Action for Women's Health
31	World No Tobacco Day

June

Men's Health Month

National Blood Donor Month

National Youth Month

Go Turquoise for the Elderly Campaign

1	International Children's Day
3	National Cancer Survivors Day
5	World Environment Day
4-10	World Heart Rhythm Week
14	World Blood Donor Day
15	World Elder Abuse Awareness Day
16	Youth Day
24-30	SANCA Drug Awareness Week
25	World Vitiligo Day
26	International Day against Drug Abuse and Illicit Trafficking

July

Mental Illness Awareness Month

1-5	Corporate Wellness Week
11	World Population Day
18	Nelson Mandela International Day
28	World Hepatitis Day

August

Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (15 August to 15 October)

National Women's Month

Organ Donor Month

Child Health Month

1-7	World Breastfeeding Week
1-7	CANSA Care Week
4-10	Polio Awareness Week
5-11	Rheumatic Fever and Rheumatic Heart Disease Awareness Week
6Aug-20 Sept	HPV vaccination second round
9	National Women's Day
12	International Youth Day
26-31	African Traditional Medicine Week
31	African Traditional Medicine Day

September

Albinism Awareness Month

Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (15 August to 15 October)

Cervical Cancer Awareness Month

Childhood Cancer Awareness Month

Eye Care Awareness Month (23 September to 18 October)

Muscular Dystrophy Awareness Month

Heart Awareness Month

National Month of Deaf People

National Oral Health Month

Pharmacy Month

1-7	Kidney Awareness Week
9	International Foetal Alcohol Syndrome Day
10	International Gynaecological Health Day
14	National Attention Deficit Hyperactivity Disorder Day
21	National Sunflower Day
21	World Alzheimer's Day

23-29	World Retina Week
25	World Pharmacist Day
26	World Environmental Health Day
26	World Contraception Day
28	World Rabies Day
29	World Heart Day
29	World Retina Day

October

Attention Deficit Hyperactivity Disorder Month

Bone Marrow Stem Cell Donation and Leukaemia Awareness Month (15 August to 15 October)

Eye Care Awareness Month (23 September to 18 October)

Breast Cancer Awareness Month

Mental Health Awareness Month

1	International Day of Older Persons
2-4	Rotary Family Health Day Outreach Campaign
7-11	Back Care Awareness Week
8-12	School Health Week
9-15	National Nutrition Week
10	World Mental Health Day
11	World Sight Day
12	World Arthritis Day
12-20	World Bone and Joint Week
12	World Hospice and Palliative Care Day
13	International Day for Disaster Reduction
13-19	National Case Management Week
15	Global Handwashing Day
15-19	National Obesity Week
16	World Food Day
16	World Spine Day
16	World Restart a Heart
17	World Trauma Day
17	National Emergency Medical Service Day
17	International Day for the Eradication of Poverty
20	National Down Syndrome Day
20	World Osteoporosis Day
20-26	International Lead Poisoning Prevention Week
21	Global Iodine Deficiency Disorders Prevention Day
24	World Polio Day
28 Oct to 3 Nov	World Stroke Week
29	World Stroke Day
30	Africa Food and Nutrition Security Day

November

Quality Month
Red Ribbon Month

3	National Children's Day
4-10	National Cardiopulmonary Resuscitation (CPR) Week
4-8	SADC Malaria Week
6	SACD Malaria Day
8	World Radiography Day
11-17	World Antibiotic Awareness Week
14	World Diabetes Day
14	World Quality Day
17	World Prematurity Day
25	International Day for the Elimination of Violence against Women
25 Nov-10 Dec	16 Days of Activism for No Violence Against Women and Children

December

Prevention of Injuries Month
SunSmart Skin Cancer Awareness Month (1 December to 31 January)

1	World AIDS Day
3	International Day of Persons with Disabilities
5	International Volunteer Day
9	World Patient Safety Day
10	International Human Rights Day
12	Universal Health Coverage Day