



# Health Awareness Calendar 2020



# HEALTH AWARENESS CALENDAR 2020

January 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Health Awareness Days:

**SunSmart Skin Cancer Awareness Month**  
1 Dec to 31 January

4 World Braille Day


26 World Leprosy Day

## Public Holidays

1 New Year's Day



# HEALTH AWARENESS CALENDAR 2020

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>10 – 16 February STI / Condom week</p>						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

[www.cansa.org.za](http://www.cansa.org.za)



## Health Awareness Days:

### Healthy Lifestyles Awareness Month

4 World Cancer Day

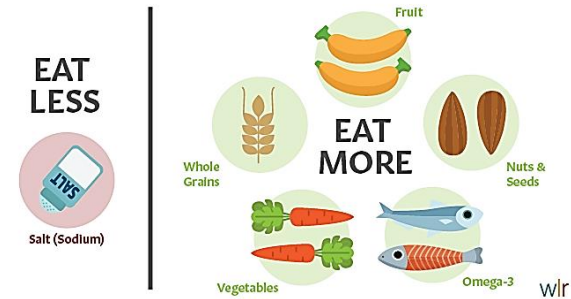
10 – 16 STI / Condom week

10 International Epilepsy Day

10 – 16 Pregnancy Awareness Week

11 Feb to 20 March HPV Vaccination  
1<sup>st</sup> Round

21 National Healthy Lifestyles Day



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# HEALTH AWARENESS CALENDAR 2020

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Health Awareness Days:

### TB Awareness Month

3 World Hearing Day

3 World Birth Defects Day

4 – 10 World Salt Awareness Week

8 International Women's Day

12 World Kidney Day

08 – 14 World Glaucoma Week

20 World Head Injury Awareness Day

21 World Down Syndrome Day

24 World TB Day

### Public Holidays

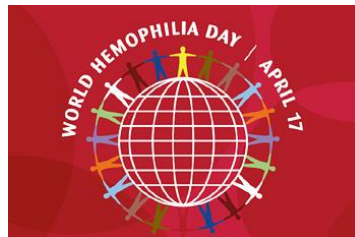
21 Human Rights Day




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# HEALTH AWARENESS CALENDAR 2020

April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## Health Awareness Days:

### Health Awareness Month

2 World Autism Awareness Day

7 World Health Day

17 World Haemophilia Day

20 – 26 African Vaccination Week

28 World Malaria Day

28 World Day for Safety and Health @ Work

## Public Holidays

10 Good Friday

12 Easter Sunday

13 Family Day

27 Freedom Day



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# HEALTH AWARENESS CALENDAR 2020

May 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>2020</b> INTERNATIONAL YEAR OF THE NURSE AND THE MIDWIFE			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p><b>TOBACCO BREAKS HEARTS</b></p> <p><i>Choose health, not tobacco</i></p> <p><b>31 MAY: WORLD NO TOBACCO DAY</b> #NoTobacco</p> </div>					

## Health Awareness Days:

Anti-Tobacco Campaign Month

Burns Awareness Month

International Multiple Sclerosis Month

5 World Hand Hygiene Day

12 International Midwives Day

3 – 10 Hospice Week

8 World Red Cross Day

6 – 12 National Burns Awareness Week

12 International Nurses Day

15 May to 16 June Go Turquoise for the Elderly Campaign

10 Global Move for Health Day

17 World Hypertension Day

28 International Day of Action for Women's Health

31 World No Tobacco Day

## Public Holidays

1 Workers Day (10 Mother's Day)



# HEALTH AWARENESS CALENDAR 2020

June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## Health Awareness Days:

- Men's Health Month**
- National Blood Donor Month**
- National Youth Month**
- Go Turquoise for the Elderly Campaign**  
31 May to 7 June National Child Protection Week

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- 1 International Children's Day

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- 5 World Environment Day

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- 7 National Cancer Survivors Day

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- 1 – 7 World Heart Rhythm Week

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- 14 World Blood Donor Day

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- 15 World Elder Abuse Awareness Day

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- 22 – 28 SANCA Drug Awareness Week

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- 25 World Vitiligo Day

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- 26 International Day against Drug Abuse and Illicit Trafficking

## Public Holidays

- 16 Youth Day (21 Father's Day)




[www.25june.org](http://www.25june.org)

The **World Vitiligo Day**, observed on **June 25**, is an initiative aimed to build **global awareness** about **vitiligo**. **Vitiligo** occurs in 1-2% of the population **worldwide**; a loss of color in the skin creating a variety of patterns on the skin from loss of pigment.



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# HEALTH AWARENESS CALENDAR 2020

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## Health Awareness Days:

### Mental Illness Awareness Month

6 – 10 Corporate Wellness Week

11 World Population Day

18 Nelson Mandela Day (International)

28 World Hepatitis Day

## Public Holidays



**Mental Health Watch**  
Reporting System for Human Rights Violations

EMAIL: [humanrights@safmh.org](mailto:humanrights@safmh.org)

TELEPHONE: 011 781 1852

SMS / WHATSAPP: 076 0788 722

ONLINE: [www.safmh.org](http://www.safmh.org)

POST: P/Bag X3053, Randburg 2125

SA Federation for Mental Health



[www.safmh.org.za](http://www.safmh.org.za)



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# HEALTH AWARENESS CALENDAR 2020

August 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 Women's Health Month				1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Health Awareness Days:

### National Women's Health Month

1 – 7 World Breastfeeding Week

1 – 7 Cancer Care Week

3 – 9 Rheumatic Fever and Rheumatic Heart Disease Awareness Week

11 Aug to 18 Sept HPV Vaccination 2<sup>nd</sup> Round

8 – 14 Polio Awareness Week

12 International Youth Day

26 – 31 African Traditional Medicines Week

31 African Traditional Medicines Day

### Public Holidays

9 National Women's Day

10 Public Holiday



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# HEALTH AWARENESS CALENDAR 2020

September 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 The Sunflower Fund Hope begins with you	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	 <b>WORLD HEART DAY</b> <b>September 29</b> <i>One World,            One Home,            One Heart.</i> 		

## Health Awareness Days:

**Heart Awareness Month**

**National Oral Health Month**

**Childhood Cancer Awareness Month**

7 – 11 National Kidney Awareness Week

9 International Foetal Alcohol Syndrome Day

10 World Suicide Prevention Day

18 National Sunflower Day

21 World Alzheimer's Day

21 – 27 World Retina Week

26 World Environmental Health Day

28 World Rabies Day

28 World Retina Day

29 World Heart Day

## Public Holidays

**24 Heritage Day**




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# HEALTH AWARENESS CALENDAR 2020

October 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## Health Awareness Days:

**Breast Cancer Awareness Month**

**Mental Health Awareness Month**

09 – 19 National Obesity Week

9 – 19 National Nutrition Week

10 World Mental Health Day

11 World Sight Day

12 World Arthritis Day

15 Global Hand Washing Day

16 World Spine Day

17 World Trauma Day

20 National Down Syndrome Day

20 World Osteoporosis Day

## Public Holidays



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# HEALTH AWARENESS CALENDAR 2020

November 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## Health Awareness Days:

16 Days of Activism for No Violence against Women and Children (25 Nov – 10 Dec)

Red Ribbon Month (HIV Awareness)  
3 Nov – 3 Dec Disability Rights Awareness Month

2 – 6 SADC Malaria Week

6 SADC Malaria Day

7 National Children's Day

8 World Radiology Day

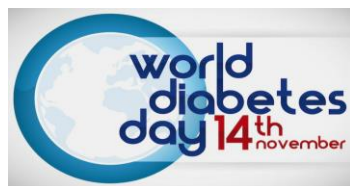
14 World Diabetes Day

16 - 22 World Antibiotic Awareness Day

17 World Day of Remembrance for Road Traffic Victims

17 World Prematurity Day

## Public Holidays



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# HEALTH AWARENESS CALENDAR 2020

December 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Disabled People South Africa Nothing about us without us www.dpsa.org.za		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	 International Day of Persons with Disabilities 3 DECEMBER	

## Health Awareness Days:

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

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

## Public Holidays

- 16 Day of Reconciliation
- 25 Christmas
- 26 Day of Goodwill





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