



2026 Health Awareness Calendar

January 2026

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

4	World Braille Day
25	World Leprosy Day
30	World Neglected Tropical Diseases Day

February 2026

Healthy Lifestyle Awareness Month

Reproductive Health Month

Environmental Health Awareness Month

2 Feb - 27 Mar	Human papillomavirus (HPV) vaccination
3 - 7	Pregnancy Awareness Week
3 - 7	STIs\Condom Week
4	World Cancer Day
9	International Epilepsy Day
10 - 16	National Epilepsy Week
20	Healthy Lifestyle Awareness Day

March 2026

TB Awareness Month

3	World Hearing Day
3	World Birth Defects Day
4	World Obesity Day
8	International Women's Day
9 - 15	World Glaucoma Week
12	World Glaucoma Day
12	World Kidney Day
20	World Head Injury Awareness Day
21	Human Rights Day
21	World Down Syndrome Day
21 - 25	World Optometry Week
23	World Optometry Day
24	World TB Day

April 2026

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 2026

No Tobacco Awareness Month

Burns Awareness Month

International Multiple Sclerosis Month

4 - 10	Hospice Week
5	World Hand Hygiene Day
5	International Midwives Day
5 - 9	National Burns Awareness 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
12 - 18	World Salt Awareness Week
15 May - 15 Jun	Go Turquoise for the Elderly Campaign
17	World Hypertension Day
21	Global Accessibility Awareness Day
25 May - 1 Jun	Child Protection Week
28	International Day of Action for Women's Health
31	World No Tobacco Day

June 2026

Men's Health Month

National Blood Donor Month

National Youth Month

Go Turquoise for the Elderly Campaign

1	International Children's Day
1 - 7	World Heart Rhythm Week
5	World Environment Day
7	World Food Safety Day
7	National Cancer Survivors Day
14	World Blood Donor Day
15	World Elder Abuse Awareness Day
16	Youth Day
22 - 27	SANCA Drug Awareness Week
25	World Vitiligo Day
26	International Day against Drug Abuse and Illicit Trafficking

July 2026

Mental Illness Awareness Month

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

August 2026

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

National Women's Month

Organ and Tissue Donor Month

1 - 7	World Breastfeeding Week
1 - 7	Rheumatic Fever and Rheumatic Heart Disease Awareness Week
3 Aug - 28 Sept	Human papillomavirus (HPV) vaccination
9	National Women's Day
12	International Youth Day
20	World Mosquito Day
26 - 31	African Traditional Medicine Week
31	African Traditional Medicine Day

September 2026

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 - 18 October)

Muscular Dystrophy Awareness Month

Heart Awareness Month

National Month of Deaf People

National Oral Health Month

Pharmacy Month

1 - 5 National Kidney Awareness Week

8 World Physiotherapy

9 International Foetal Alcohol Syndrome Day

10 International Gynaecological Health Day

10 World Suicide Prevention Day

14 National Attention Deficit Hyperactivity Disorder Day

17 World Patient Safety Day

19 Sunflower Day

21 World Alzheimer's Day

22 - 28 World Retina Week

25 World Pharmacist Day

26 World Environmental Health Day

26 World Contraception Day

28 World Retina Day

28 World Rabies Day

29 World Heart Day

October 2026

Attention Deficit Hyperactivity Disorder Month

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

Eye Care Awareness Month (23 September - 18 October)

Breast Cancer Awareness Month

Mental Health Awareness Month

1	International Day of Older Persons
8	World Sight Day
8	World Podiatry Day
9 - 15	National Nutrition Week
10	World Mental Health Day
11	World Hospice and Palliative Care Day
12	World Arthritis Day
12 - 16	School Health Week
12 - 18	National Case Management Week
12 - 20	World Bone and Joint Week
13	International Day for Natural Disaster Reduction
14 - 15	Rotary Family Health Days
15	Global Handwashing Day
15	World White Cane Safety Day
16	World Food Day
16	World Spine Day
16	World Restart A Heart Day
17	World Trauma Day
17	International Day for the Eradication of Poverty
17	National Emergency Medical Services Day
19 - 25	Lead Poisoning Prevention Week
20	National Down Syndrome Day
20	World Osteoporosis Day
21	Global Iodine Deficiency Disorders Prevention Day
24	World Polio Day
27	World occupational Therapy Day
28 Oct - 3 Nov	National Stroke Week
29	World Stroke Day
30	Africa Food and Nutrition Security Day

November 2026

Quality Month

Red Ribbon Month

Disability Rights Awareness Month (3 November to 3 December)

1	National Children's Day
5	World Prosthetics and Orthotics
6	SADC Malaria Day
8	World Radiography Day
13	World Quality Day
14	World Diabetes Day
17	World Prematurity Day
18 - 24	World Antimicrobial Awareness Week
19	World Chronic Obstructive Pulmonary 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 2026

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
10	International Human Rights Day
12	Universal Health Coverage Day