



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



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