



To your health

## Description

The strategic value of health days extends beyond awareness, serving as catalysts for policy changes, increased funding for research, and improved healthcare services, while reminding us to take proactive steps for our own well-being.

### World Hand Hygiene Day

(5 May)

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[World Hand Hygiene Day](#) emphasises the critical importance of proper hand hygiene in preventing infections. It targets healthcare workers, patients, and the general public with educational campaigns about handwashing techniques, and reinforces that clean hands save lives in both healthcare settings and everyday environments.

## International Midwives Day

(5 May)



International Midwives Day celebrates the essential role of midwives in providing care during pregnancy and childbirth. It highlights how midwives support women through one of life's most transformative experiences. This day advocates for improved training, resources, and recognition for midwifery as a profession.

### **National Burns Awareness Week**

**(5-9 May)**

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This week aims to educate people about preventing burn injuries in homes, workplaces, and communities. It provides practical safety information and first aid knowledge for burns and scalds, while highlighting the impact of burn injuries and the importance of specialised care for recovery.

### **International Awareness Day for Chronic Immunological and Neurological Diseases**

(12 May)



This awareness day focuses on conditions such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), fibromyalgia, and multiple chemical sensitivities. It aims to increase understanding of these often invisible but debilitating conditions, advocating for improved research, diagnosis, and treatment options for affected individuals.

## International Nurses Day

(12 May)



International Nurses Day honours the contributions of nurses to healthcare systems worldwide. It celebrates their dedication, compassion, and skill in providing round-the-clock patient care. The day also addresses challenges facing the nursing profession and calls for investment in nursing education and practice. Be sure to read our article [Strengthening care coordination](#) about our own nurses.

## **World Salt Awareness Week**

**(12-18 May)**

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World Salt Awareness Week serves to educate about the health risks associated with excessive salt consumption. It promotes strategies for reducing salt intake in our daily diet, and seeks to empower consumers to make informed choices about processed foods that often contain hidden sodium.

### **World Hypertension Day**

**(17 May)**



This day increases awareness about high blood pressure as a leading risk factor for cardiovascular disease. It encourages regular blood pressure monitoring and early detection of hypertension. The day promotes lifestyle modifications and appropriate medical treatment to manage this “silent killer”.

### **World No Tobacco Day**

**(31 May)**



The harmful effects of tobacco use and second-hand smoke exposure cannot be denied. This day challenges the tobacco industry's tactics and advocates for effective policies to reduce consumption. The day encourages smokers to quit and supports tobacco control measures worldwide. Check out our article [Up in smoke](#) for the benefits to your health once you stop smoking.

## **National Cancer Survivors Day**

**(1 June)**

National Cancer Survivors Day celebrates those who have survived cancer and inspires those recently diagnosed. It recognises the challenges of survivorship and the importance of support networks. The day also draws attention to ongoing issues faced by cancer survivors and the need for continued care and research.



## **World Food Safety Day**

**(7 June)**



This day promotes awareness about preventing foodborne illnesses through proper handling and preparation. A spate of deadly foodborne illnesses that claimed the lives of more than 20 people in South Africa towards the end of 2024 prompted urgent government intervention. World Food Safety Day emphasises that food safety is a shared responsibility from farm to table, from the use of pesticides to the production supply chain, shop owners and storing food safely at home.

### **World Blood Donor Day**

(14 June)



World Blood Donor Day thanks voluntary blood donors for their life-saving contributions. It raises awareness about the need for regular blood donations to ensure adequate supplies, and encourages more people to become blood donors and contribute to community health resilience.

### **SANCA Drug Awareness Week**

(22-27 June)



The SA National Council on Alcoholism and Drug Dependence's (SANCA) Drug Awareness Week educates communities about substance abuse prevention and treatment options. It provides information about the dangers of drug misuse and its impact on individuals and families. The week promotes available support services and challenges the stigma around addiction disorders.

### **World Vitiligo Day**

**(25 June)**



World Vitiligo Day increases awareness about this skin condition that causes loss of pigmentation. The day aims to reduce the stigma and discrimination faced by people living with vitiligo. It also promotes research into causes and treatments while celebrating the beauty of all skin types.

### **Corporate Wellness Week**

**(1-5 July)**



Corporate Wellness Week focuses on promoting health and wellbeing in workplace environments. It encourages employers to implement comprehensive wellness programmes for employees, and highlights how workplace wellness initiatives benefit both individuals and organisational performance. Be sure to keep reading AfroScenes as we routinely feature the many wellness benefits the AfroCentric Group offers our employees.

### **World Hepatitis Day**

(28 July)



World Hepatitis Day raises awareness about viral hepatitis infection and its impact on liver health. It promotes prevention strategies, testing, and treatment access for hepatitis B and C. The day supports global efforts to eliminate viral hepatitis as a public health threat by 2030.

**Category**

- 1. Our Wellness