# 2020 Pharmacy, Health and Wellness Observances

## January
- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month
- National Folic Acid Awareness Week (6th - 12th)
- Healthy Weight Week (19th - 25th)

## February
- American Heart Month
- AMD/Low Vision Awareness Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Wise Health Care Consumer Month
- Wear Red Day (1st)
- National Cardiac Rehab Week (9th-15th)

## March
- Brain Injury Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- Hemophilia Awareness Month
- National Colorectal Cancer Awareness Month
- National Eye Donor Month
- Patient Safety Awareness Week (8th-14th)
- American Diabetes Alert Day (24th)

## April
- National Autism Awareness Month
- National Alcohol Awareness Month
- National Cancer Control Month
- National Child Abuse Prevention Month
- National Donate Life Month
- Stress Awareness Month
- National Minority Health Month
- National Public Health Week (6th - 12th)
- World Meningitis Day (24th)

## May
- Asthma and Allergy Awareness Month
- Better Sleep Month
- Correct Posture Month
- Healthy Vision Month
- Hepatitis Awareness Month

## May (cont.)
- Huntington's Disease Awareness Month
- Lupus Awareness Month
- National Arthritis Awareness Month
- National High Blood Pressure Education Month
- National Melanoma/Skin Cancer Awareness Month
- National Mental Health Awareness Month
- National Stroke Awareness Month
- Osteoporosis Awareness Month
- Celiac Awareness Month
- National Women's Health Week (10th - 16th)
- National Senior Health and Fitness Day (28th)

## June
- Cataract Awareness Month
- National Scleroderma Awareness Month
- Men's Health Month
- Migraine and Headache Awareness Month
- National Safety Month
- Men's Health Week (10th - 16th)

## July
- Fireworks Safety Month
- UV Safety Month
- Psoriasis Awareness Month

## August
- Children's Eye Health and Safety Month
- National Breastfeeding Month
- National Immunization Awareness Month

## September
- Baby Safety Awareness Month
- Blood Cancer Awareness Month
- Childhood Cancer Awareness Month
- Healthy Aging Month
- National Childhood Obesity Awareness Month
- Cholesterol Education Month
- National Ovarian Cancer Awareness Month
- National Recovery Month
- National Sickle Cell Disease Awareness Month
- Prostate Health Month
- Pain Awareness Month
- Women's Health and Fitness Day (26th)
- Family Health & Fitness Day (29th)

## October
- American Pharmacists Month
- Talk About Your Medicines Month
- Dental Hygiene Awareness Month
- Children's Health Month
- Health Literacy Month
- Healthy Babies Month
- Healthy Lung Month
- National Breast Cancer Awareness Month
- National Depression and Mental Health Screening Month
- National Liver Awareness Month
- National Spina Bifida Awareness Month
- National Sudden Infant Death Syndrome (SIDS) Awareness Month
- National Pharmacy Technician Day (15th)
- Respiratory Care Week (20th - 26th)

## November
- American Diabetes Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Healthy Skin Month
- National Alzheimer's Disease Awareness Month
- National Epilepsy Awareness Month
- National Family Caregivers Month
- National Hospice and Palliative Care Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- Great American Smokeout (15th)

## December
- International AIDS Awareness Month
- National Drunk and Drugged Driving Prevention Month
- Safe Toys and Gifts Month
- National Handwashing Awareness Week (1st- 7th)
- National Influenza Vaccination Week (1st - 7th)
To help your patients get a healthy start to 2019, promote products and services that support patient health and sponsor a blood driver as part of National Blood Donor Month. Use HPV Vaccine bag clippers and stuffers to highlight the importance of Cervical Cancer early detection and prevention.
It’s American Heart Month, so show customer appreciation by promoting Valentine’s Day with Healthy Heart marketing and events. Hold free blood pressure screenings and offer specials on aspirin, Omega3 and other heart healthy supplements.

### Helpful Tips

- **American Heart Month**
- **AMD/Low Vision Awareness Month**
- **National Cancer Prevention Month**
- **National Children’s Dental Health Month**
- **Wise Health Care Consumer Month**

And, since it’s Children’s Dental Health Month, offer oral health product coupons for parents and a free toothbrush with a dental activity and coloring sheet for kids. If you have space pharmacy, post a few of the sheets up on a bulletin board.
Have a brown bag or town hall Q&A with your patients in honor of Patient Safety Awareness Week. To recognize National Nutrition, partner with a local nutritionist to conduct a free session on healthy eating.

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### APRIL 2020

#### SUNDAY
- **Helpful Tips:**
  - Hold a raffle for a gift certificate to a yoga or massage session and display tip sheets on stress reducing techniques. If a gift certificate is outside of your budget, put together a pampering gift basket filled with bubble bath, lotion and other items in your store.

#### MONDAY
- **Meningitis Vaccine Infographic**
- **Depression - Let's Talk Poster**

#### TUESDAY
- **Brown bag medication review bag stuffer**

#### WEDNESDAY
- **Stress Fact Sheet**
- **Stress Hardiness Quiz**

#### THURSDAY
- **Stress Awareness Payroll Stuffer for Employees**

#### FRIDAY
- **Good Friday Medication log**

#### SATURDAY
- **Online refill bag clipper**

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- **Stress Awareness Month**
- **National Autism Awareness Month**
- **National Alcohol Awareness Month**
- **National Cancer Control Month**
- **National Child Abuse Prevention Month**
- **National Donate Life Month**
- **National Minority Health Month**
It's allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month.

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<td>12 How to Select Sunscreen Flier</td>
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- Cataract Awareness Month
- National Scleroderma Awareness Month
- Men's Health Month
- Migraine and Headache Awareness Month
- National Safety Month

Does your patient's know the difference between tension, migraine, cluster, and other types of headaches? Now is the time to educate them and suggest natural and OTC remedies.
**JULY 2020**

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It’s allergy season, so display allergy products in the front of the store. Offer free blood pressure checks and tips to honor Blood Pressure Education Month.

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**Helpful Tips**

- **Fireworks Safety Month**
- **UV Safety Month**
- **Psoriasis Awareness Month**
It's back to school time. Remind your patients that your pharmacy offers flu shots and various immunizations to prepare the entire family for the remainder of the year.

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- National Immunization Awareness Month
- Children’s Eye Health and Safety Month
- National Breastfeeding Month
This month is full of opportunities to promote your pharmacy’s products and services through community partnerships. Celebrate health and fitness by holding an event on cholesterol, pain awareness or healthy aging at a local community center.

- **Baby Safety Awareness Month**
- **Blood Cancer Awareness Month**
- **Childhood Cancer Awareness Month**
- **Healthy Aging® Month**
- **National Childhood Obesity Awareness Month**
- **Cholesterol Education Month**
- **National Ovarian Cancer Awareness Month**
- **National Recovery Month**
- **National Sickle Cell Disease Awareness Month**
- **Prostate Health Month**
- **Pain Awareness Month**
Place promotional bag stuffers and clippers on pharmacy bags to promote services and products in your pharmacy. Reach out to non-adherent patients and schedule consultations to discuss their prescriptions.

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- American Pharmacist Month
- Talk About Your Medicines Month
- Children's Health Month
- Health Literacy Month
- Health Baby Month
- Healthy Lung Month
- American Pharmacist Month
- National Breast Cancer Awareness
- National Depression and Mental Health Screening Month
- National Liver Awareness Month
- National Spina Bifida Awareness Month
- National Sudden Infant Death Syndrome (SIDS) Awareness Month
- National Bullying Prevention
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Offer diabetes education, clippers and seminars at your pharmacy for current patients and partner with a local community center or non-profit to bring in new patients. Offer H1C level screenings and hold a raffle to give-away glucose meters and test strips.

- American Diabetes Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Family Caregivers Month
- National Epilepsy Awareness Month
- COPD Awareness Month
- National Hospice and Palliative Care Month
- Pancreatic Cancer Awareness Month
- Prematurity Awareness Month
- National Healthy Skin Month
- National Alzheimer's Disease Awareness Month
**DECEMBER 2020**

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- **International AIDS Awareness Month**
- **National Drunk and Drugged Driving Prevention Month**
- **Safe Toys and Gifts Month**

End the year by giving back to your patients. Send Christmas cards to a few select patients with coupons for front end products. Create a 2020 calendar for patients with your pharmacy’s upcoming events, OTC specials, and a list of your services.
Pharmacy, Health and Wellness Resources

**Bag Clippers and Stuffers**
- Flu vaccination bag clipper
- Just Ask bag clipper
- Brown bag medication review bag stuffer
- Online refill bag clipper
- Pet Rx bag clipper
- Mental Health Payroll Stuffer for Employees
- Stress Awareness Payroll Stuffer for Employees
- Hepatitis B Bag Clipper

**Fliers**
- Folic Acid and Exercise Flier  
- Folic Acid and Water Flier  
- Folic Acid and Veggies Flier  
- 10 Questions to Ask About your Thyroid Health Flier  
- Free Handwashing  Fliers  
- After Quitting Effects Flier  
- Men's Health Month Flier  
- Stroke and Blood Pressure Flier  
- How to Select Sunscreen Flier  
- How to protect your skin Flier  
- How to Spot Skin Cancer Flier  
- Choose My Plate Flier  
- Reach Your Nutrition Goals Flier  
- Enjoy your Food, But Eat Less Flier  
- Dental Health Flier  
- 10 Things to Know about HPV and Cervical Cancer Flier  
- Choosing Whole-Grain Foods Flier  
- Build a Healthy Meal Flier  
- An Active Lifestyle Flier  
- Physical Activity at Home, Work and Play Flier

**Posters**
- HPV & Cervical Cancer Poster #1  
- Depression - Let's Talk Poster  
- Check up and Screenings Guidelines for Women Poster  
- Men's Health Month Poster  
- Check up and Screenings Guidelines for Men Poster

**Fact Sheets & Quizzes**
- Folic Acid Fact Sheet  
- Stress Fact Sheet  
- Stress Hardiness Quiz

**Infographics**
- Folic Acid and You Infographic  
- Risks from Smoking Infographic  
- Secondhand Smoke Infographic  
- Lifetime of Risk Infographic  
- Vaccines Work Infographic  
- 5 Vaccine Facts Infographic

**Logs**
- Medication log

**Letters and Certificates**
- Smoker Certificate  
- Smoker Letter  
- Non-smoker Letter  
- Non-smoker Certificate

**Activities**
- Dental Health Activity Sheets  
- Dental Health Coloring Sheets