



In this Issue

World Autism Awareness Day
2 April 2026

World Health Day
7 April 2026



World Malaria Day
25 April 2026

World Immunisation Week
24-30 April 2026

World Autism Awareness Day

2 April 2026

Every Life Has Value

World Autism Awareness Day (WAAD), observed annually on 2 April, was established by the United Nations in 2007 to promote the rights, dignity and inclusion of autistic individuals around the world. Over time, the global conversation has evolved - from raising awareness to fostering acceptance, appreciation and meaningful inclusion in all areas of society.

This year's theme, "**Autism and Humanity - Every Life Has Value,**" reinforces a simple but powerful message: every autistic person has inherent worth and an important role to play in our shared future. It also serves as a reminder to move beyond outdated perceptions and to recognise the unique strengths, perspectives and contributions of neurodiverse individuals.

As societies become more inclusive of neurodiversity, the benefits extend far beyond individuals.

Embracing different ways of thinking can drive creativity, innovation and resilience - key ingredients for building stronger, more sustainable communities. In line with the United Nations



Sustainable Development Goals, inclusion across areas such as healthcare, education, employment and social systems remains essential to reducing inequalities and improving overall well-being.

World Autism Awareness Day is an opportunity for individuals, organisations, and communities to reflect on how we can create environments where everyone is respected, supported, and able to thrive—because every life truly has value.

The content of this article is intended for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.

World Health Day

7 April 2026

Observed annually on 7 April, World Health Day marks the founding of the World Health Organisation (WHO) in 1948. Each year highlights a key global health priority, reminding us of the importance of strong, resilient health systems.

In 2026, the theme “**Together for health. Stand with science**” underscores the critical role of scientific evidence, research and collaboration in improving global health outcomes. It calls on governments, healthcare providers, businesses and communities to support science-driven decision-making and work collectively to address today’s most pressing health challenges.

Why this matters?

In an increasingly complex health landscape - shaped by emerging diseases, climate pressures and evolving population needs - evidence-based approaches are more important than ever. Scientific research and innovation remain at the heart of:

- Preventing and managing disease
- Strengthening healthcare systems
- Improving access to quality care
- Responding effectively to global health threats

At the same time, collaboration across sectors is essential to ensure that scientific advancements translate into real-world impact for communities everywhere.

What makes a difference?

Building healthier, more resilient societies requires a collective commitment to:

- **Supporting evidence-based healthcare** and policy decisions
- **Investing in research and innovation** to address current and future health risks
- **Strengthening health systems** to ensure equitable access to care
- **Promoting health literacy** so individuals can make informed decisions
- **Encouraging collaboration** between public and private sectors

Looking ahead

World Health Day 2026 is a call to action: to stand behind science, trust in evidence and work together to improve health outcomes for all.

- When science, collaboration and access come together, the result is stronger health systems, healthier populations and more resilient futures.

Obesity is shaped by environments, systems and social determinants - not simply individual choices. Reducing stigma, improving access to evidence-based care, supporting healthier food systems and strengthening public health strategies are essential steps in changing the trajectory.

The content of this article is intended for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.





World Malaria Day

25 April 2026

World Malaria Day highlights the ongoing global impact of malaria and the importance of continued awareness - particularly in regions where the disease remains widespread.

The Current Landscape

Malaria continues to pose a significant public health challenge. In 2024, there were an estimated 282 million cases and 610,000 deaths globally. The WHO African Region remains most affected, accounting for approximately 95% of cases and deaths, with young children under five most at risk .

What is Malaria?

Malaria is a life-threatening disease caused by parasites and transmitted through the bites of infected female Anopheles mosquitoes. It is preventable and treatable but can become severe if not addressed early. Common early symptoms include:

- Fever
- Headache
- Chills

More severe symptoms may involve fatigue, confusion, difficulty breathing and seizures. Because symptoms can resemble other illnesses, early testing is important.

Higher-risk groups include:

- Children under five
- Pregnant women
- Individuals with weakened immune systems
- Travellers to malaria-endemic areas

Prevention Matters

Reducing exposure to mosquito bites is key:

- Use mosquito nets, especially at night
- Apply insect repellent
- Wear protective clothing
- Use screens, coils or vaporizers indoors

Preventive medication may also be considered if you are traveling to high-risk regions, under medical guidance.

World Malaria Day serves as a reminder that awareness, prevention and early action remain critical in reducing the impact of malaria - both globally and across Africa.

The content of this article is intended for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.



World Immunisation Week

24 – 30 April 2026

Key facts

- Over the last 50 years, vaccines have saved more than 150 million lives.
- Immunisation has contributed to a 40% reduction in infant mortality, helping more children reach their first birthday and beyond.

Why immunisation matters

Vaccination remains one of the most effective public health interventions globally. It not only protects individuals but also strengthens communities by reducing the spread of infectious diseases.

While immunisation is often associated with childhood, advances in science have expanded protection across all age groups. Today, vaccines are available for a growing number of diseases, including malaria, HPV, cholera, dengue, meningitis, RSV, Ebola and mpox - supporting healthier populations at every stage of life.

The global challenge

Despite significant progress, millions of children worldwide still miss out on essential vaccines each year. Barriers such as

access, awareness and healthcare infrastructure continue to impact immunisation coverage in many regions.

World Immunisation Week 2026, under the theme **“For every generation, vaccines work,”** highlights the importance of closing these gaps. As we reach the midpoint of the Immunisation Agenda 2030, it is an opportunity to reflect on progress made and the work still required to ensure equitable access to life-saving vaccines.

Looking ahead

Expanding access to vaccines remains a shared global priority. Continued collaboration between governments, healthcare providers and communities will be key to improving coverage and protecting more people from preventable diseases.

World Immunisation Week serves as an important reminder of the role vaccines play in improving health outcomes and supporting longer, healthier lives.

The content of this article is intended for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition.

References

World Health Day

For more information, visit the WHO World Health Day page:

<https://www.who.int/campaigns/world-health-day>

World Malaria Day

For more information, please visit: <https://www.who.int/news-room/fact-sheets/detail/malaria>

World Immunisation Week

For more information on vaccines available in South Africa, visit the NICD vaccine booklet:

- https://www.nicd.ac.za/assets/files/NICD_Vaccine_Booklet_D132_FINAL.pdf
- <https://www.who.int/news-room/events/detail/2026/04/24/default-calendar/world-immunization-week-2026--for-every-generation--vaccines-work>

Human Capital

We focus on Communication and Engagement, across Insurance, Retirement and Health, to Advise and Deliver solutions that create great Client Impact. We partner with our clients and seek solutions for their most important people and HR challenges.

Aon Resolution Centre (ARC)

If you do not get satisfactory assistance from your medical scheme, please do not hesitate to contact your allocated Aon Employee Benefits Healthcare Consultant or the **Aon Resolution Centre (ARC) on 0860 100 404**. Please remember to get a reference number from your medical scheme when escalating your query to the Aon Resolution Centre (ARC).

Don't be left exposed. Get Gap Cover today.

Gap cover policy gives you peace of mind and may cover the unexpected in-hospital shortfalls, out of hospital co-payment and deductibles which are not covered by your medical scheme, that may compromise you financially. The medical schemes shortfalls are a result of medical practitioners such as Anaesthetists, Surgeons and other Specialists charging more than the medical scheme rate, which you as a member are liable for.

We are pleased to inform you that Aon has negotiated a favourable underwriting window period with some Gap Cover providers for you and your family. Please contact Aon on **0860 100 404** or arc@aon.co.za for further information. You may also contact the Aon Resolution Centre should you require a comparison between your current provider and other Gap cover providers.

This is not a medical scheme and the cover is not the same as that of a medical scheme. This policy is not a substitute for medical scheme membership.

Household and Motor Insurance

Aon also provides Household and Motor Insurance. If you would like to know more send an e-mail to: quoteme@aon.co.za or call us **0860 100 404**.

Disclaimer:


Aon South Africa (Pty) Ltd is an Authorised Financial Services Provider, FSP 20555

The content hereof is intended for informational and educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Although we take efforts to ensure that the medical information is up to date, we cannot guarantee that the content reflects the most up-to-date research. Whilst we have made every attempt to source the most reliable information for distribution and awareness of our clients, we confirm that the information in the attached brochure should not be construed as medical advice and recommend that you consult a medical practitioner to discuss your concerns and confirm a diagnosis. This document has been compiled using information available to us at date of publication.

Connect with us

We focus on communication and engagement, across insurance retirement and health, to advise and deliver solutions that create great client impact. We partner with our client and seek solutions for their most important people and HR challenges. We have an established presence on social media to engage with our audiences on all matters related to risk and people.

For more information from Aon Employee Benefits on healthcare, retirement benefits and a wide range of topics feel free to go to www.aon.co.za

 <https://www.facebook.com/AonSouthAfrica/>
Click "Like" on our page (Aon healthcare)

 http://twitter.com/Aon_SouthAfrica
Click "follow" on our profile

Human Capital

Aon South Africa Pty Ltd, an Authorised Financial Service Provider, FSP # 20555.

<https://www.aon.co.za/legal/disclaimer>

On all services provided, Aon's Terms & Conditions of Business, as amended from time to time, are applicable and can be found at <http://www.aon.co.za/terms-of-trade> or will be sent to you upon request.

<https://www.aon.co.za/legal/privacy-notice/>

Copyright© 2026. Aon SA (Pty) Ltd.
All rights reserved.