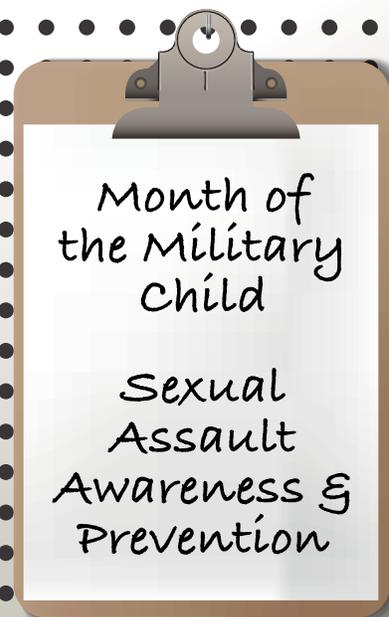


Military Health System Communications Toolkit

Monthly Topics April 2021

Topics and Resources For Communicators



TOOLKIT

Monthly Topics April 2021

CALENDAR	OVERVIEW	MOTMC	PREVENTING SEXUAL ASSAULT	RECOVERY & TREATMENT	GRAPHICS
----------	----------	-------	---------------------------	----------------------	----------

Month of the Military Child Sports Eye Safety Month Alcohol Awareness Month National Autism Awareness Month National Donate Life Month			<h2>APRIL 2021</h2>		Sexual Assault Awareness and Prevention STI/STD Awareness Month Stress Awareness Month Testicular Cancer Awareness Month Limb Loss Awareness Month	
				1	2	3
					World Autism Day	
4	5	6	7	8	9	10
Easter	Gold Star Spouses Day	Sexual Assault Day of Action	National Alcohol Screening Day World Health Day	Holocaust Day of Remembrance	National Former POW Recognition Day	National Youth HIV/AIDS Awareness Day
National Public Health Week						
11	12	13	14	15	16	17
National Public Health Week			AF Reserve Birthday	Purple-Up for Military Kids	Healthcare Decisions Day	World Hemophilia Day
18	19	20	21	22	23	24
			National Administrative Professionals Day		Army Reserve Birthday	National Prescription Drug Take Back Day
Health Information Privacy and Security Week						World Immunization Week
National Infertility Week						
Medical Laboratory Professionals Week						
25	26	27	28	29	30	
World Malaria Day			World Day for Safety and Health at Work		National Military Brats Day	
World Immunization Week						
Every Kid Healthy Week						
National Infant Immunization Week						

TOOLKIT

Monthly Topics April 2021

CALENDAR	OVERVIEW	MOTMC	PREVENTING SEXUAL ASSAULT	RECOVERY & TREATMENT	GRAPHICS
----------	----------	-------	---------------------------	----------------------	----------

Overview

Month of the Military Child – Celebrating the Mighty

Because service members' strength, resilience and readiness rely on the support of their families, the health and wellbeing of military children is a top priority for the Military Health System. Parents are children's first and best role models. Eating healthy, being active, sleeping sufficiently, avoiding tobacco and managing stress sets the example for military children to follow.

For more information and content on Month of the Military Child throughout April, check out www.health.mil/momc.

For Month of the Military Child, we are also featuring a [toolkit developed by MilKidsConnect](#) that contains additional resources for social media campaigns.



MOTMC & Nutrition

A healthy balanced diet for kids includes a variety of fruits and vegetables, whole grains, fat-free and low-fat dairy products, a variety of proteins and healthy oils and fats. Military kids face additional challenges to their nutritional health, as frequent moves and living in base housing can affect their access to healthy foods. Making good nutritional choices isn't easy, for parents or for kids.

MOTMC & Financial Fitness

Financial fitness contributes to overall health in numerous ways, including reducing stress, improving access to nutritious foods, and maintaining a healthy environment. Financial issues are often cited as one of the topics that creates the most stress for military families. Taking a deliberate and planned approach to budget and finances can ensure that military families have the financial resources to provide a healthy start for their kids, and maintain the lifestyle they choose.

Sexual Assault Awareness & Prevention

Sexual assault is a significant issue in the military. During Sexual Assault Awareness Month, the MHS seeks to alert service members to the problem of sexual assault, remind the military community that anyone can be a victim of sexual assault and that it is everyone's responsibility to prevent it, and provide resources for the prevention, reporting and recovery from sexual assault.

April Speaker's Notes

Please consider using some of these [messages on these two critical topics](#) during internal or external speaking opportunities in April.

April 2021 Monthly Theme Plan Speakers Notes

Editor Note: The following talking points were created to provide A7F and A7M1 leaders with consistent messaging regarding key themes in the A7M1 Strategic Communication Plan for April. They are intended to be incorporated into internal communications products, such as speaker scripts by A7F leaders to A7F staff of command's calls and briefings, and to be used by all staff in external speaking engagements, as appropriate.

Month of the Military Child

- April is nationally recognized as Month of the Military Child. The strength, resilience, and readiness of our service members rely on the support of their families, making the health and wellbeing of military children a top MHS priority.
- A career military family moves averages five or more moves while their kids are growing up, and for some, it can be far more often. Frequent deployments and PCS moves can be especially stressful on children, however, military kids are resilient to constant change.
- Children have different nutritional needs than adults to support their developing minds and bodies. With the added lifestyle stress many military kids experience, good nutrition is even more essential. Parents are children's first and best role models. Eating healthy, being active, getting sufficient sleep, avoiding tobacco, and managing stress sets the example for military children to follow.
- One of the issues most often cited as a stressor for military families are financial issues. Kids are more attuned than parents think about stress in the family, and that can affect their behavior, performance in school, and interactions with friends. Taking a deliberate and planned approach to a family budget and finances can help ensure a secure financial future.

Sexual Assault Awareness and Prevention Month

- Anyone can be a victim of sexual assault and everyone can help prevent it - no prior training required. In 2021, 7,621 reports of sexual assault involving service members as either victims or the subjects of criminal investigations were made.
- Speak up when you become aware of an allegation of inappropriate sexual conduct - many perpetrators of sexual assault will repeat the behavior. Report allegations to your commander, supervisor, SARI office, or law enforcement. It is important to reduce the stigma around help-seeking behavior being a victim of sexual assault in MHS a sign of weakness or failure.
- DoD is committed to nurturing and empowering leadership within DoD and at the local level to understand the problem of sexual assault and give them the support, policies, and tools to fight the problem. Building this approach requires an understanding of the current environment, determining the scope of the problem, both across the DoD and locally, and assessing the organizational factors that can contribute to prevention.
- Sexual assault is NOT the fault of the victim - there is no action that works out or encourages someone to be assaulted. The trauma of an assault can last for years. Even if an assault happened long ago, resources are available at any time for help. The DoD has multiple resources at installations that can be utilized: Sexual Assault Response Coordinators (SARC) and Sexual Assault Prevention and Response Victim Advocates (SARVAs). THESE RESOURCES ARE ALWAYS FREE AND CONFIDENTIAL.

[CALENDAR](#)[OVERVIEW](#)[MOTMC](#)[PREVENTING
SEXUAL ASSAULT](#)[RECOVERY &
TREATMENT](#)[GRAPHICS](#)

MOTMC – Celebrating the Mighty

Military kids are resilient and resourceful in the face of great challenges. Frequent moves and deployments create stress most families don't experience. The health and wellness of military families affects the strength, resilience and readiness of service members who rely on support from their families.

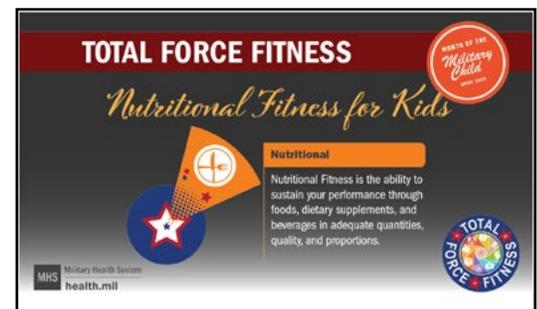
Messages for communicators

- Frequent deployments and moves can be especially stressful on service members' children.
 - Military kids are resilient in constant change. They are resourceful and creative support systems for their families and communities.
 - Most military family moves many times while their kids are growing up, and for some, it can be far more frequent.
- Parents are children's first and best role models. Eating healthy, being active, getting sufficient sleep, avoiding tobacco and managing stress sets the example for military children to follow.

Nutrition and Military Kids

Nutritional Fitness is the ability to sustain your performance through food, dietary supplements, and beverages in adequate quantities, quality, and proportions.

- Children have different nutritional needs from adults to support their developing minds and bodies.
 - A healthy diet lowers the risk of chronic disease that can affect kids for a lifetime, like high blood pressure, heart disease, diabetes, and cavities.
 - Good nutrition also helps kids' academic performance.
- Military kids face additional challenges to their nutritional health, as frequent moves and living in base housing can affect their access to healthy foods.
- A healthy balanced diet for kids includes a variety of fruits and vegetables, whole grains, fat-free and low-fat dairy products, a variety of proteins and healthy oils and fats.
- Children's diets should also limit calories from solid fats and added sugars, and reduce sodium intake.
- Some tips for better child nutrition:
 - **Limit intake of sugary drinks.** Replace soda, sugary sports drinks, and large quantities of juice with water.
 - **Reduce extra sodium.** Read labels to raise your awareness of hidden sodium in your kid's food. Buy reduced sodium items whenever possible.



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

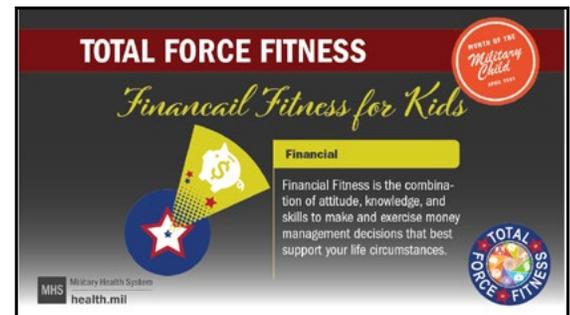
GRAPHICS

- **Serve lean protein foods.** Reduce fatty red meat like burgers and increase lean, unprocessed proteins like chicken, seafood, beans, eggs, nuts, and seeds.
- **Choose whole grains.** Whole grains are packed with protein, fiber, antioxidants, vitamins, and minerals. Whenever possible, serve whole grains like brown rice and whole wheat over refined grains like white bread, some pastas, and anything made with bleached flour.
- **Snack on fruits and vegetables.** The earlier you get kids in the habit of healthy snacking, the better. Replace high fat, high sodium snacks such as chips or roasted peanuts with sliced carrots or an apple.

Financial Fitness and Military Kids

Financial Fitness is the combination of attitude, knowledge, and skills to make and exercise money management decisions that best support your life circumstances.

- Financial fitness can contribute to overall health in numerous ways, including reducing a source of stress, increasing access to nutritious foods, and maintaining a healthy environment.
- Financial issues are often cited as one of the topics that create the most stress for military families.
- Taking a deliberate and planned approach to budget and finances can ensure that military families have the financial resources to provide a healthy start for their kids, and maintain the lifestyle they choose.
- Kids can be more aware than parents think about stresses in the family, and that can affect their behavior, performance in school, and interactions with friends.
- Making a budget or spending plan, setting financial goals, and putting aside money each month for savings are all important steps to bring your finances under control.
- Paying attention to your credit score, and taking steps to improve it when possible, will also improve your financial health.
- There are tools to help Service Members and their families manage their financial fitness, including Personal Financial Counselors at military installations world-wide.



Additional Resources for Month of the Military Child

- [MilitaryKidsConnect website](#)
- MilitaryOneSource financial [literacy programs](#)
- MilitaryOneSource [page on nutrition and academic performance](#)
- MilitaryOneSource [parenting and children resource page](#)
- CDC [child nutrition facts](#)
- CDC [infant and toddler nutrition site](#)

MOTMC Video

<https://www.dvidshub.net/video/788092/month-military-child>



[CALENDAR](#)[OVERVIEW](#)[MOTMC](#)[PREVENTING
SEXUAL ASSAULT](#)[RECOVERY &
TREATMENT](#)[GRAPHICS](#)

Preventing Sexual Assault

Sexual assault remains a serious issue within the U.S. military. Victims of sexual assault experience long lasting impacts across every aspect of their well-being, including physical, mental, emotional, behavioral, social, and spiritual wellness.

The Department of Defense observes Sexual Assault Awareness and Prevention Month by focusing on creating the appropriate culture to eliminate sexual assault and encouraging a personal commitment from all Service members to do their part to create a healthy environment.



Messages for Communicators

- DOD is engaged in a long-term, comprehensive, organization-wide effort to decrease incidents of sexual assault.
- DOD is equipping and empowering leadership at all levels to understand the problem of sexual assault and give them the support, policies, and tools to fight the problem.
- The Military Health System offers a variety of health and wellness resources to assist victims, both mentally and physically.
- There are steps individuals can take to prevent and respond to sexual assault in their community:
 - Be an engaged bystander and look out for each other's safety.
 - Offer help if someone is in a circumstance where they don't feel safe or don't have complete control over themselves, for example, if they are intoxicated and need help getting home safely.
 - Contribute to a culture that does not condone sexual violence, including speaking up when friends or colleagues exhibit such behaviors.
 - Speak up when you become aware of an allegation of sexual abuse –perpetrators of sexual assault may repeat the behavior.
 - ▶ Report allegations to your commanders, supervisors, SAPR office, or law enforcement.
 - ▶ Call the DOD Safe Helpline - 877-995-5247
- It is important to reduce the stigma around help-seeking behavior; being a victim of sexual assault is NOT a sign of weakness or failure.

Additional Resources for Sexual Assault Prevention

- DOD [Sexual Assault Prevention Office](#) (SAPRO)
- CDC [Sexual Assault Prevention Strategies](#)
- CDC [Sexual Violence Risk and Protective Factors](#) page
- Rape, Abuse & Incest National Network [safety and prevention page](#)
- Army [Sexual Harassment/Assault Response and Prevention](#) site
- Air Force [Resilience Sexual Assault Response and Prevention](#) site
- Navy [Sexual Assault Prevention and Response](#) site

[CALENDAR](#)[OVERVIEW](#)[MOTMC](#)[PREVENTING
SEXUAL ASSAULT](#)[RECOVERY &
TREATMENT](#)[GRAPHICS](#)

Sexual Assault Recovery and Treatment

The traumatic effect of sexual assault can be devastating, but it doesn't have to be never-ending. DOD and many non-profit and medical organizations offer clinical and counseling resources to help victims recover. Support from family, friends, and community can help anyone affected by sexual assault begin their healing journey, starting with listening to and supporting individuals affected by sexual assault.



Messages for communicators

- DOD can connect you to skilled, certified professionals who can help you report a sexual assault or access resources on your installation or a just phone call or click away.
 - These include Sexual Assault Response Coordinators (SARCs) and Sexual Assault Prevention and Response Victim Advocates (SAPR VAs).
 - You can access your local resources by contacting the DOD Safe Helpline: 877-995-5247.
- Anyone affected by sexual assault has the option to seek treatment at their local emergency room or from their primary physician.
- Sexual assault is not the fault of the victim – they did not seek it out or encourage the person who assaulted them.
- Healing from the effects of sexual assault is different for every individual. Even if an assault happened long ago, you can still access available resources.
- Sexual trauma can be physically and emotionally harmful:
 - Self-harming behavior, including suicidal ideation – anyone experiencing suicidal ideation can call the Veterans Crisis Line/hotline at 800-273-8255
 - Anxiety and depression
 - Increased risk of developing negative coping strategies (e.g. poor diet, lack of physical activity, lack of interest in basic hygiene, alcohol or drug use)
 - Changes in mood
 - Withdrawal or self-isolation behavior
 - Poor sleep
 - Diminished performance at work, including decreased productivity and increased tardiness or absenteeism
 - Doubts about purpose, meaning, the existence of good, disbelief in higher power they previously held
- Recovery from sexual trauma is possible without medical and clinical intervention, but professional medical treatment and counseling can positively enhance the healing journey for anyone affected by sexual assault.

Additional Resources for Sexual Assault Treatment and Recovery

- DOD SAPRO [Victim Assistance](#) page
- DOD [Safe Helpline](#) for victim of sexual abuse
- Military OneSource page on [getting help for relationship sexual health](#)
- Rape, Abuse & Incest National Network [counseling services](#) page
- CDC [Sexual Assault Fast Fact](#)

CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

SOCIAL MEDIA GRAPHICS

Graphics to Use on Your Platforms

Use these graphics on your social media platforms in support of March themes and observances.

These graphics are in the [April Toolkit on Health.mil](#).

MOTMC

Suggested Social Media Message: This April for #MonthOfTheMilitaryChild we are celebrating the mighty – military kids who sacrifice and serve alongside their parents. Follow along throughout the month for more content to #CelebrateTheMighty.

<https://health.mil/MKCHome>



MOTMC 2

Suggested Social Media Message: New to #MonthOfTheMilitaryChild?

Welcome to the family!

www.health.mil/momc



TOOLKIT

Monthly Topics April 2021

CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

MOTMC 3

Suggested Social Media Message:

#MonthOfTheMilitaryChild continues throughout April. Looking for ways to #CelebrateTheMighty?

Try some of these tips, and check out the Military Kids Connect blog for more ideas about how to participate.

<https://militarykidsconnect.health.mil/Blog>

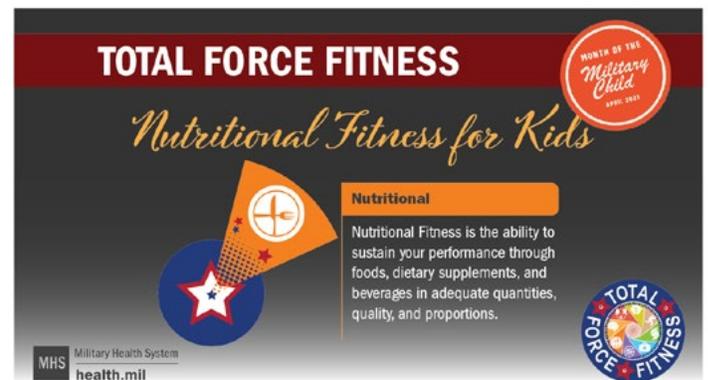


TFF – Nutrition Fitness for Kids

Suggested Social Media Message: Children have unique nutritional needs, and getting them into healthy eating habits will pay off for a lifetime.

#MonthOfTheMilitaryChild

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>



Healthy Habits Series 1

Suggested Social Media Message: Starting your kids on healthy habits can't start too soon. As we celebrate #MonthOfTheMilitaryChild, follow along in this space for tips on how to get your kids moving more and eating right.

#HealthyHabits #TotalForceFitness

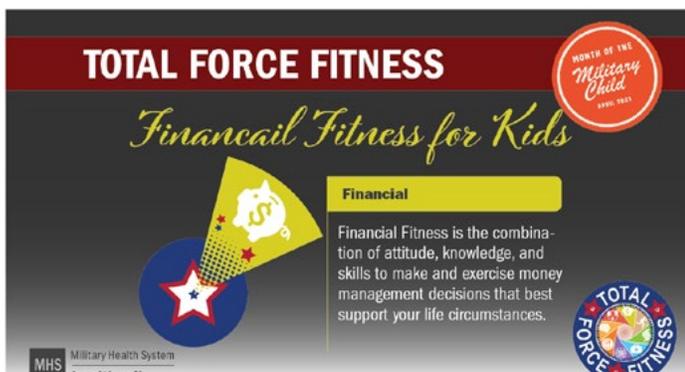


TFF - Nutrition Fitness for Kids

Suggested Social Media Message: Children have unique nutritional needs, and getting them into healthy eating habits will pay off for a lifetime.

#MonthOfTheMilitaryChild

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

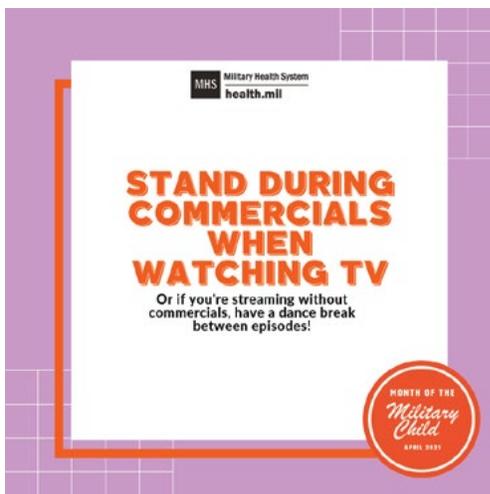
GRAPHICS

Healthy Habits Series 2

Suggested Social Media Message: Don't let your kids become couch potatoes! Get them up and moving, even while watching TV.

#TotalForceFitness

<https://www.cdc.gov/physicalactivity/basics/children/index.htm>



Healthy Habits Series 4

Suggested Social Media Message: Technology is helping kids stay connected with friends during the pandemic more than ever. Encourage them to get some physical activity in during that time! #TotalForceFitness

<https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>



Healthy Habits Series 3

Suggested Social Media Message: Kids spend more time on screens than ever, but that time can still be active!

#TotalForceFitness

<https://www.cdc.gov/healthyweight/children/index.html>



Healthy Habits Series 5

Suggested Social Media Message: Staying hydrated is critical to kid's nutrition and overall wellness. Keep them drinking water and other low-sugar drinks. #TotalForceFitness

<https://www.cdc.gov/nutrition/data-statistics/plain-water-the-healthier-choice.html>



TOOLKIT

Monthly Topics April 2021

CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

Healthy Habits Series 6

Suggested Social Media Message: Sometimes you just have to get the kids up and out of the house. Getting an hour of activity every day makes a huge health impact for kids.

#TotalForceFitness

<https://www.cdc.gov/nccdphp/dnpao/multimedia/infographics/getmoving.html>



Sexual Assault Awareness and Prevention Month

Suggested Social Media Message: Sexual assault remains a serious issue within the U.S. military. DOD offers skilled, certified professionals who can help you report a sexual assault or access resources on your installation, or a just phone call or click away. See the available resources at the DOD Sexual Assault Prevention and Response Office victims assistance webpage:

<https://www.sapr.mil/victim-assistance>



Sexual Assault Awareness and Prevention Month

Suggested Social Media Message: April is Sexual Assault Awareness and Prevention Month, a time to recognize that anyone can be the victim of a sexual assault, and that everyone can help prevent sexual assault. Be an active and engaged member of your community, and look out for those around you.

<https://www.sapr.mil/prevention>



DOD Safe Helpline

Suggested Social Media Message: DOD has resources to help victims of sexual assault. Contact the DOD Safe Helpline at 877-995-5247 to get help and report an assault.

<https://safehelpline.org/>



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

TRICARE Sexual Assault IOP

Suggested Social Media Message: The traumatic effect of sexual assault can be devastating, but it doesn't have to be never-ending. TRICARE recently launched a Sexual Trauma IOP pilot to provide care for active duty service members who have survived sexual trauma at any time during their life.

Learn more at: <https://health.mil/About-MHS/MHS-Toolkits/Sexual-Trauma-IOP-Pilot-Toolkit>

TRICARE Sexual Trauma Treatment Program

TRICARE is offering confidential, intensive treatment for active duty survivors of sexual trauma.

Are you an active duty service member who has experienced sexual trauma?

- If you're experiencing posttraumatic stress disorder or other mental health conditions related to sexual trauma, you may qualify for TRICARE's intensive outpatient program pilot,* available in participating locations.
- Treatment is: Confidential, considered place of duty, and not required to be disclosed to a commander.
- Contact your Primary Care Manager or mental health care provider with questions, to determine your eligibility, and for an authorization and referral.

Participating locations include:

- San Diego, California
- Englewood, Colorado
- Biloxi, Mississippi
- Waco, Texas
- Salt Lake City, Utah

* To qualify you must be within specialty care drive time (approximately 90 minutes) of a participating location.

* Service members may be admitted to this pilot program through July 31, 2021. Pilot ends on August 31, 2021.

For more information, visit: www.TRICARE.mil/sexualtrauma

Sexual Assault Awareness Day of Action, April 6

Suggested Social Media Message: Everyone in the military community can take responsibility to help prevent sexual abuse. Learn more about how to get involved and take a stand at <https://www.sapr.mil/prevention>

Sexual Assault Awareness Day of Action

SILENCE IS NOT CONSENT

MHS Military Health System health.mil

National Autism Awareness Month

Suggested Social Media Message: April is National Autism Awareness Month. TRICARE covers a number of treatments for children with Autism: <https://tricare.mil/CoveredServices/IsItCovered/AutismSpectrumDisorder>

AUTISM Awareness Month

MHS Military Health System health.mil

World Autism Day, April 2

Suggested Social Media Message: On World Autism Day, we encourage everyone to #LightItUpBlue to recognize people with autism and those who love and support them. The DOD Exceptional Family Member Program offers resources for families that need help: <https://www.militaryonesource.mil/leaders-service-providers/efmp-special-needs/>

AUTISM Awareness Month

MHS Military Health System health.mil

CALENDAR

OVERVIEW

MOTMC

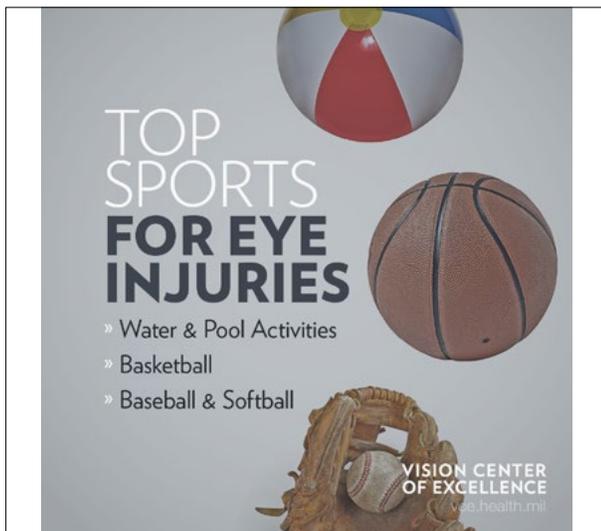
PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

Sports Eye Safety Month

Suggested Social Media Message: More than 100,000 Americans suffer sports-related eye injuries every year! When participating in sports, wear the proper protective gear to prevent injuries and preserve your site! Here are tips on eye safety for parents from National Institutes of Health: <https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/sports-and-eye-safety-tips-parents-and-teachers>



Alcohol Awareness Month

Suggested Social Media Message: DYK that excessive alcohol consumption is one of the leading causes of death in the U.S., contributing to nearly 90,000 deaths each year?

<https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Substance-Abuse>



Limb Loss Awareness Month

Suggested Social Media Message: In April the MHS recognizes Limb Loss Awareness to honor the many Service Members and Veterans who lost a limb in service to their country.

Learn more about MHS research and treatment for patients with extremity trauma and amputation with the Extremity Trauma and Amputation Center of Excellence: <https://www.health.mil/About-MHS/OASDHA/HSPO/EACE>



STI/STD Awareness Month

Suggested Social Media Message: During STI/STD Awareness Month, take the time to get yourself tested for your own peace of mind and confidence. #GYT #STDMonth

<https://www.cdc.gov/std/>



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

National Public Health Week, April 5-11

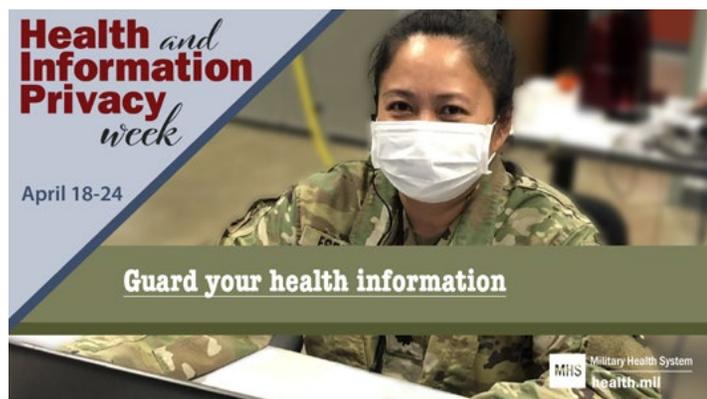
Suggested Social Media Message: A big thank you to all the #PublicHealth professionals throughout the #MHS who have been on the front lines of the fight against COVID-19 for the past year!

<https://health.mil/Military-Health-Topics/Combat-Support/Public-Health>



Health Information and Privacy Week, April 18-24

Suggested Social Media Message: April 18-24 is National Health Information Privacy Week, a time for everyone to think about how they protect their personal health information. The MHS is committed to protecting the information and data of our patients, especially during the pandemic when we are more virtual than ever before. Check out 5 tips for better data privacy: <https://health.mil/News/Articles/2021/01/04/5-Tips-for-Better-Data-Privacy>



Medical Laboratory Professionals Week 1, April 18-24

Suggested Social Media Message: The COVID-19 pandemic has highlighted the value of medical lab techs and other professionals – their hard work across the #MHS, the country and the world is critical to the fight against COVID-19. Thank you!



Medical Laboratory Professionals Week 2, April 18-24

Suggested Social Media Message: The COVID-19 pandemic has highlighted the value of medical lab techs and other professionals – their hard work across the #MHS, the country and the world is critical to the fight against COVID-19. Thank you!



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

World Immunization Week 1, April 24-30

Suggested Social Media Message: This week, the #MHS celebrates World Immunization Week. Don't forget to keep you and your family up to date on the immunizations that help us fight disease globally.

<https://www.cdc.gov/vaccines/index.html>



World Immunization Week 2, April 24-30

Suggested Social Media Message: Vaccines bring the world together, preventing diseases that have ravaged communities for centuries. Do your part by keeping you and your family up to date with recommended immunizations.

<https://www.who.int/news-room/events/detail/2021/04/24/default-calendar/world-immunization-week-2021>



National Infant Immunization Week, April 25 – May 2

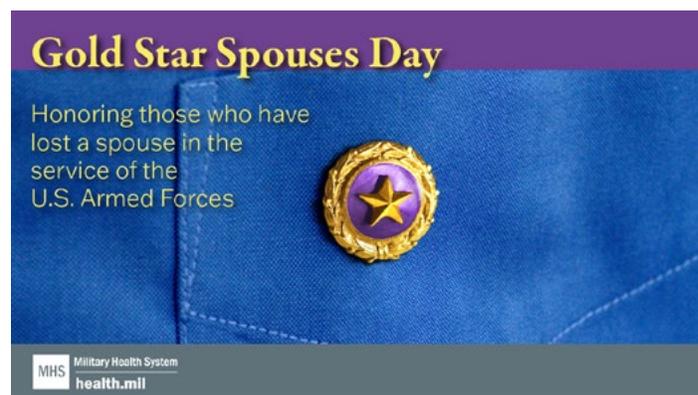
Suggested Social Media Message: Vaccination plays a vital role in protecting children and communities from vaccine-preventable diseases, preventing outbreaks and saving lives.

<https://www.cdc.gov/vaccines/events/niiw/overview.html>



Gold Star Spouses Day, April 5

Suggested Social Media Message: Today is Gold Star Spouses Day, honoring the sacrifice of surviving spouses of service members killed in the line of duty.



CALENDAR

OVERVIEW

MOTMC

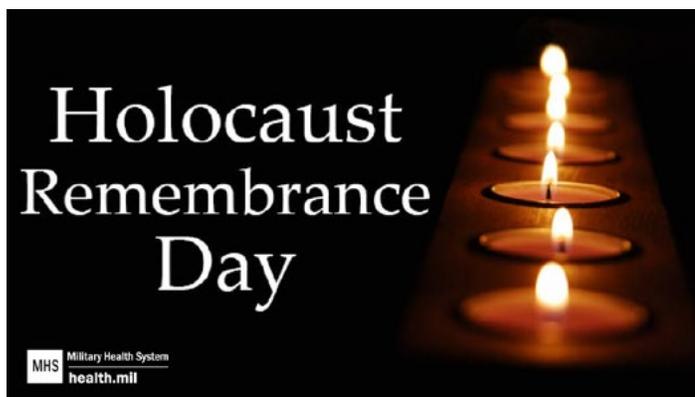
PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

Holocaust Remembrance Day, April 8

Suggested Social Media Message: April 8 marks International Holocaust Remembrance Day, commemorating the Warsaw Ghetto Uprising in 1943, and the millions of innocent lives taken during the Holocaust.

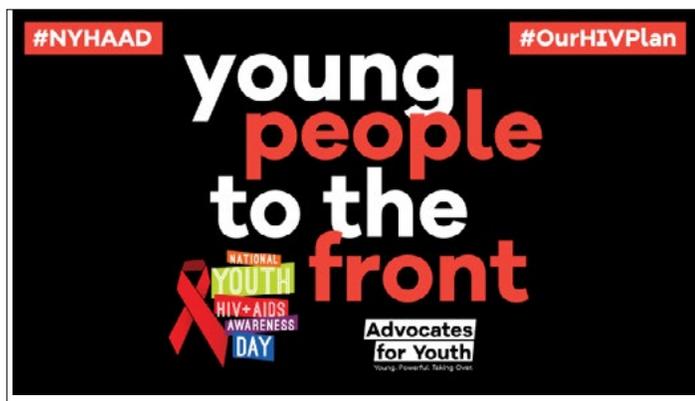


National Youth HIV/AIDS Awareness Day, April 10

Suggested Social Media Message: National Youth HIV & AIDS Awareness Day is observed on April 10 each year to educate everyone on the impact of HIV has on young people. According to #CDC, about 20% of new HIV diagnoses in the U.S. are for people aged 13-24.

#NYHAAD #StopHIVTogether

<https://www.cdc.gov/hiv/library/awareness/nyhaad.html>



Air Force Reserve Birthday, April 14

Suggested Social Media Message: Happy Birthday to the U.S. Air Force Reserve, which can trace its roots all the way back to the very first days of military aviation in 1916.



Purple Up Day, April 15

Suggested Social Media Message: #PurpleUp today! Wear purple to show support for the military kids in your life today, and to honor the strength, resiliency and sheer might of Military Kids around the globe!

<https://health.mil/MKCHome/Military-Life>



CALENDAR

OVERVIEW

MOTMC

PREVENTING
SEXUAL ASSAULT

RECOVERY &
TREATMENT

GRAPHICS

Healthcare Decision Day, April 16

Suggested Social Media Message: Don't get caught unprepared for major health events in your life. April 16 is Healthcare Decisions Day, which seeks to educate and empower the public and providers about the importance of advance planning for major healthcare decisions you and your family may need to make <https://www.cdc.gov/aging/advancecareplanning/index.htm>



MHS Military Health System
health.mil

National Healthcare Decisions Day

Army Reserve Birthday, April 23

Suggested Social Media Message: Happy birthday to the U.S. Army Reserve, established in 1908 as a small cadre of 160 doctors and nurses, today has more than 200,000 Soldiers.



National Prescription Take Back Day, April 24

Suggested Social Media Message: Do you have unused, expired or unwanted medications in your medicine cabinet? Those medications can be at risk of misuse if not properly disposed. Find a disposal location near you: <https://takebackday.dea.gov/>



Military Brats Day, April 30

Suggested Social Media Message: The average military family moves about 5 or 6 times while their kids are growing up, and some move far more often. That means "military brats" experience frequent school changes, have to make friends, and experience regular major life changes due to the shifting nature of military life, all of which can increase stress.

<https://www.militaryonesource.mil/family-relationships/parenting-and-children/>

