

# World Health Day

Wednesday, April 7th marks [World Health Day](#). The World Health Organization (WHO) started this day to raise awareness about the issues that impact health care around the world.

This year's theme—"Building a fairer, healthier world"—reminds us that everyone deserves to live a healthy life and have access to essential health care services.

It's also important to remember to take care of ourselves, even though doing so may seem challenging, especially during a pandemic. Here are some points to keep in mind:

**Learn the most effective ways to stay safe.** Getting the most current, reliable information on how to prevent the spread of COVID-19, when and how to get tested, what to do in the event of an exposure, and other safety measures is your best defense. Learn more on the [World Health Organization's COVID-19 Q&A](#) page.

**Don't neglect your current physical health.** Reach out to your doctor about maintaining your current health, particularly if you are dealing with certain medical conditions. Discuss any concerns you may have, such as in-person appointments during the pandemic. Your doctor can help you to weigh the benefits and risks of undergoing routine exams and lab tests and provide you with alternative options, such as telemedicine. If you have any concerning or worsening symptoms, seek medical care immediately.

**Pay attention to your mental health.** It may be easy to overlook but it's important to care for your mental wellbeing. From fear and loneliness to work and parenting stress to living in a new "normal" and a world of uncertainty, the pandemic has brought on added mental health challenges to many of us. To gain some insights on boosting your mental wellbeing, read [Cultivating Positive Mental Health](#).

Mark April 7th on your calendar as a reminder to live your healthiest life throughout the coming year.

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