
On UHC Day, Protect Everyone - Now!

© UHC Day 2020 Campaign Toolkit

Universal Health Coverage Day #UHCDay takes places on Saturday 12 December 2020. It will bring the global health community together to call for strong health systems that Protect Everyone – now. This year, COVID-19 has shown the importance of resilient health systems and universal access to care.

How to get involved

This year's campaign will culminate in a **24-hour virtual rally on 12 December**. While our UHC activism may look different due to COVID-19, we can show that collective action is still possible and here to stay. Stand with the movement and show your solidarity by using the messages, graphics and resources in this year's [Campaign Toolkit](#) [1], get involved on social media using #UHCDay #ProtectEveryone #ActOnNCDs or take a social distancing walk in the spirit of Health for All solidarity. Don't forget to tag [@UHC_Day](#) [2] and [@UHC2030](#) [3] on Twitter!

Create! Amplify! Move!

Interested in sharing your message or being a voice for collective action on UHC? Anyone can join! Why not make a virtual rally "sign" inspired by the Protect Everyone theme, take a picture or a selfie in a face mask and post it on 12 December using the #ProtectEveryone hashtag.

If your local social distancing guidelines and COVID-19 guidance allows, hit the streets on UHC Day in any way you can in the spirit of Health for All solidarity. Bring a face mask and take a short video or photo of yourself walking, running, or however, you are able to be active. Post it on social media with a message on why you're moving to raise awareness of the need to [#ProtectEveryone](#) [4]. More information can be found [here](#) [5].

UHC and NCDs

#UHCDay: Why is it important for noncommunicable diseases (NCDs)? According to the [WHO](#) [6], did you know that half of people living with diabetes do not have access to the Insulin they need to survive and that, in some populations, [over 60% of people living with NCDs have experienced catastrophic health expenditure](#) [7]?

We'll be discussing this further in our UHC Day dialogue event on **Tuesday 8 December** with The Helmsley Charitable Trust. Join us as we explore ways to improve momentum and accountability on UHC and NCD commitments! [Click here to register](#) [8].

Post Date: Tuesday, 1 December, 2020

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- [4] https://twitter.com/search?q=%23ProtectEveryone&src=typed_query
- [5] <https://universalhealthcoverageday.org/global-campaign/>
- [6] <https://www.who.int/bulletin/volumes/97/5/18-217612/en/>
- [7] [http://dx.doi.org/10.1016/S0140-6736\(18\)30323-4](http://dx.doi.org/10.1016/S0140-6736(18)30323-4)
- [8] <https://ncdalliance.org/form/webinar-uhc-day-dialogue-integration-of-noncommunicable-diseases-into-universal-health-coverage-in-the-era-of-covid-19>
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