



# World Urticaria Day

## October 1st, 2021

### What's UDAY?

Urticaria is a common and debilitating skin condition that can be a challenge for both patients and treating physicians, especially when chronic.

Now in its 8th year, urticaria day (UDAY) is a day where urticaria patients are the focus of attention.

Taking place on October 1<sup>st</sup> of each year, the goal of UDAY is to raise awareness of urticaria among patients, their families and friends, doctors, politicians, the press and the rest of the world.

How do we want to achieve this? Everyone is invited to celebrate the day in their own way and to create their own UDAY projects.

This year, the focus will be on digital initiatives. Whether it's virtual conventions, educational webinars, digital art projects, social media campaigns or urticaria apps:

every contribution counts towards making a long-lasting change!

Is there a better time to start a self-help group?

Go ahead and organize your own UDAY event! Help to spread the word about UDAY to friends, families and others affected by the disease!

And don't forget to post your events on the official UDAY website:



Who cares? @ucare! @urticariaday 1<sup>st</sup> October 2021



who cares?  
@ucare!  
@urticariaday  
1<sup>st</sup> October 2021  
info



urticaria day  
**2021**  
will start in  
**50 days**



### UDAY events near you

#### Informational Videos about urticaria and COVID-19

Who: GA<sup>2</sup>LEN UCARE 4U: UDAY Taskforce

When: Starting September 15; Live Q&A on October 1

Where: [https://www.ga2len-](https://www.ga2len-ucare.com/programs/ucare-4u.html)

[ucare.com/programs/ucare-4u.html](https://www.ga2len-ucare.com/programs/ucare-4u.html);

Youtube: @urticariaday

#### TikTok live event with urticaria expert

**Professor Marcus Maurer: „Everything you ever wanted to know about urticaria – now is the time to ask!**

When: 01.October, 8:00 pm CEST

Where: Tiktok: @letmeaskmydad

#### UDAY Actionbound Quiz, an informative Quiz about urticaria

Who: GA<sup>2</sup>LEN UCARE Office

When: Starting October 1

Where: Actionbound App



#### Title of event

Who:

When:

Where:

### Additional resources on urticaria:

GA<sup>2</sup>LEN Urticaria Centers of Excellence and Reference:  
An educational platform for urticaria patients  
[www.ga2len-ucare.com/programs/ucare-4u.html](http://www.ga2len-ucare.com/programs/ucare-4u.html)

Enter information of local self-help-groups, organizations etc. Make sure to get their permission

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UDAY is an initiative of the GA<sup>2</sup>LEN UCARE network: [info@ga2len-ucare.com](mailto:info@ga2len-ucare.com) ©2021

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