

SEPTEMBER IS HISTIOCYTOSIS AWARENESS MONTH

# #IKNOWHISTIO

Histiocytosis awareness is a year-round endeavor, but during the month of September we ask **EVERYONE** to become engaged and increase Histiocytosis Awareness.

**Below you'll find some creative ways to help spread the word and raise histiocytosis awareness - so more people will KNOW HISTIO!**

Join our #IKnowHistio campaign! Our goal is to spread the word "**histio**" in communities across the country, around the world and on social media through September...and beyond.

**You can get started now!**

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## SHARE.

### Sign the Histio Awareness Pledge



Sign the [Pledge](#) to raise histiocytosis awareness this September – then share it with your friends, family and network and *ask them to share with their friends and family....let's spread the histio awareness.*

### Tie a Blue Ribbon for Histio

The [Tie a Blue Ribbon for Histio campaign](#) is a grassroots initiative that brings Histio awareness into communities across the country. Tie a blue ribbon around your "old" oak tree, mailbox or light post and invite your family, friends and neighbors to do the same.

Let's paint our towns in blue ribbons all throughout the month of September to help spread the word about histiocytic disorders.

[Order your Blue Ribbons today.](#)



## Histio Blue Ribbon Tribute Garden

### Our Histio Blue Ribbon Tribute Garden is popping up again!

Over 30 years ago, the Histiocytosis Association planted a seed – what if we nurtured and grew a community of like-minded individuals who were all affected by this rare disease – histiocytosis– imagine what we could accomplish together.

Our Histio community has found ways to spread the word and support one another. From a kitchen table in New Jersey over 30 years ago to communities around the world today – we KNOW HISTIO.

Patients and families are invited to submit their name/the name of their Warrior to be included in a Histio Blue Ribbon Tribute Garden. The Garden will be on display at the Histiocytosis Association office in Pitman, New Jersey throughout the month of September in recognition of all Histio Warriors and Histiocytosis Awareness Month.



If you would like to submit your Warrior's name please complete this [submission form](#).

## Wear Blue Wednesdays



Show your *passion through fashion* - every Wednesday in September we celebrate **Wear Blue Wednesdays** for histiocytosis awareness.

Encourage your family and friends to join you – whether it's a t-shirt, hat, pajamas, socks or even blue hair – let's all wear blue for histio awareness. We can't wait to see your photos.

**#WearBlueWednesdays**

**Mark your calendar for every Wednesday in September!**



## Tell Us - Why do YOU want people to Know Histo?



RECORD YOUR KNOW HISTIO MESSAGE

Help spread histo awareness – tell the world why they should Know Histo. If you or someone you love is affected by histo, we invite you to record and share a #KnowHisto video today. Your message will powerfully illustrate what it's like to live with a histiocytic disorder and why it's important that more people to **Know Histo**.

[Record your video here](#) answering these questions.

What is your name (first names only) and how you are impacted by histo.

*"My name is \_\_\_\_\_ and I have (histiocytic disorder)."*

What is one thing you want people to know about histo?

*"I want people to know....."*

Why is it important more people Know Histo?

*"I think it's important for more people to Know Histo because....."*

End your message with:

*I am (your name) and I want you to know histo(in my words).*

We'll share these messages throughout Histo Awareness Month!

## HISTIO AWARENESS "ROCKS"

Here's another fun way to spread histo awareness in your community and anywhere else in your travels.

### Host a Histo Awareness "Rocks" Painting Party.

Gather your friends and family and paint histo awareness messages on rocks and hide them in your community for others to find *and re-hide*. Who knows where they'll travel to....?!!



It's super easy and fun for the whole family! Here are some [easy instructions to host your own rock painting "party"](#).

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## SHOP.

Need some new Histo gear for Awareness Month?

Get *Histo ready* for Histo Awareness Month! Order your **I Know Histo** gear to spread awareness throughout Histiocytosis Awareness Month and all year long. Awareness kits, t-shirts, ribbons, garden flags, etc.

You can purchase exclusive Histo merchandise by visiting our online store. Find great items to help spread the word about histio! Adorn your car, school locker, water bottles and/or notebooks, front lawn or anywhere. We've got items for the whole family. Check out our new t-shirt designs in the [Histo eStore](#).



Proceeds from the eStore support our mission to increase knowledge and awareness of histiocytic disorders, support educational and emotional support, and fund better treatments and a cure!

**Got all of the Histo Gear you need? You can still shop and make a difference.**



**Shop on AmazonSmile** – did you know that when you shop on AmazonSmile and choose the Histiocytosis Association as your charity of choice, Amazon donates.

This September (and all year long) make a difference while you shop – visit [smile.amazon.com](https://smile.amazon.com).

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## DONATE.

September is a powerful month to help raise histiocytosis awareness and funds to help advance our mission and ongoing education initiatives for Histo Warriors and their families.

You can [make a donation](#) today in honor or memory of a special Histo Warrior.

### **[Join the Camp Out for Histo](#)** – Saturday, September 18<sup>th</sup>

Camp Out for Histo is a virtual camping event where participants can pick where they decide to lay their head. From the mountains, to backyards, to a fort in the living room, for one night histio families around the world will ditch their beds and come together to raise money for the Histiocytosis Association.



**[Create a Facebook fundraiser or donate to ours](#)** - Facebook makes fundraising easy and gives you the chance to tell your friends about a cause you care about. *100% of what you raise goes directly to Histiocytosis Association*

Are you celebrating a birthday, anniversary or special occasion in September? Do you know what's super special about a September milestone - you share this special month with Histiocytosis Awareness Month! What better way to celebrate your special day and the Histo Warrior in your life than to donate your birthday or special milestone and tell the world you **Know Histo** through a Facebook fundraiser. #IkNOwHISTIO #HistoAwareness2021

Need help setting up a Facebook fundraiser? Email [fundraising@histio.org](mailto:fundraising@histio.org).

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## MORE EASY WAYS TO SPREAD AWARENESS.

**[Use your social network to spread the word about histiocytosis](#)** to your family and friends and let's get everyone talking about histio.

**[Download our Facebook profile frame](#)** to use as your profile picture on social media all month.

**Call physicians:** Reach out to general practitioners and other healthcare providers with information about histiocytosis; provide them with disease specific brochures to help with diagnosis and treatment. You can order a Awareness Kit in the [Histio eStore](#).

**Share** our posts, videos and the link to [histio.org](http://histio.org) with your local community, colleagues, family and friends - encouraging them to join the online campaign.

**Follow us on social media.**



**Share your photos** of how you're spreading awareness and send them to [outreach@histio.org](mailto:outreach@histio.org) or **tag us on social media** so we can share them with the Histio Community.

**Use Hashtags** - #IkNOwHISTIO #kNOwHISTIO #HistioAwareness #Histio  
#Histiocytosis #HistiocytosisAwareness #HistioWarrior #IKnowAWarrior #HistioRocks  
#WearBlueWednesdays

**Together, today and everyday let's raise awareness for histiocytic disorders!**