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!**

**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 Histio?

Help spread histio awareness – tell the world why they should Know Histio. If you or someone you love is affected by histio, we invite you to record and share a #KnowHistio 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 Histio.

Record your video here answering these questions.

What is your name (first names only) and how you are impacted by histio.
“**My name is_____ and I have (histiocytic disorder).**”

What is one thing you want people to know about histio?
“**I want people to know……**”

Why is it important more people Know Histio?
“**I think it’s important for more people to Know Histio because……**”

End your message with:
*I am (your name) and I want you to know histio(in my words).*

We’ll share these messages throughout Histio Awareness Month!

**HISTIO AWARENESS “ROCKS”**

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

**Host a Histio Awareness “Rocks” Painting Party.**

Gather your friends and family and paint histio 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”.


SHOP.

Need some new Histio gear for Awareness Month?

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

You can purchase exclusive Histio 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 [Histio eStore](#).

![SHOW YOU KNOW HISTIO](#)

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 Histio Gear you need? You can still shop and make a difference.*

[smile.amazon.com](http://smile.amazon.com)

**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](http://smile.amazon.com).
DONATE.

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

You can make a donation today in honor or memory of a special Histio Warrior.

Join the Camp Out for Histio – Saturday, September 18th
Camp Out for Histio 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 Histio Warrior in your life than to donate your birthday or special milestone and tell the world you Know Histio through a Facebook fundraiser. #IkNOwHISTIO
#HistioAwareness2021

Need help setting up a Facebook fundraiser? Email fundraising@histio.org.

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](https://histo.org).

**Share** our posts, videos and the link to histio.org with your local community, colleagues, family and friends - encouraging them to join the online campaign.

**Follow us on social media.**

![Facebook](https://histo.org), ![Twitter](https://twitter.com), ![Instagram](https://instagram.com), ![YouTube](https://youtube.com)

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

**Use Hashtags** - #IKnowHISTIO #kNOwHISTIO #HistioAwareness #Histio #Histiocytosis #HistiocytosisAwareness #HistioWarrior #ILKnowAWarrior #HistioRocks #WearBlueWednesdays

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