








# I KNOW HISTIO AWARENESS CHALLENGE

## 50 POINTS ● ● ● ●

- Display an I Know Histo Garden Flag 
- Participate in the Tie a Blue Histo Ribbon campaign 
- Register to attend the Histo Patient & Family Conference in NYC
- Record a Know Histo Awareness message
- Participate in our Physician Letter Writing Campaign (template available)
- Host an awareness/educational booth in your community in September 
- Wear Blue every Wednesday in September; use the hashtag #WearBlueWednesdays
- Contact your local government officials and/or media to share your story and facts about histio
- Distribute disease information to medical professionals in your area (avail. in our Awareness Kits)
- Register for one or all Awareness Month community events: (50 pts each)  
Histo Blue Ribbon Run or Together for the Cure

## 25 POINTS ● ● ● ●

- 'Wild Card' DIY awareness activity - What will you do to raise histio awareness? (25 pts. each)
- Participate in the I Know Histo Awareness Month Challenge (**Easy, Peasy 25 pts.**)
- Email your Wear Blue Wednesday photo to outreach@histio.org 
- Purchase a 'Spread the Word' histio awareness t-shirt
- Tell a friend or neighbor (or even 3 or 4) about histio
- Hang Histo Awareness Posters in your community 
- Make a donation to the Histiocytosis Association in honor or memory of a Histo Warrior
- Order awareness merchandise from the Histo eStore
- Paint a Histo Awareness Rock and hide it in your community. 
- Decorate your windows/front door with a blue ribbon 

## 10 POINTS ● ● ● ●

- Take a group photo with your friends, family or co-workers raising histio awareness 
- Use the hashtag - #IKnowHisto on your social media posts
- Submit a Warrior name for the Histo Blue Ribbon Warrior Tribute Garden
- Light up your home or office in blue. 
- Share our posts on your social media

# I KNOW HISTIO

## AWARENESS CHALLENGE

All throughout the month of September, we invite you to participate in our I Know Histo Awareness Challenge - for a chance to win prizes.

Earn points when you complete each of the awareness activities on the Challenge checklist.

At the end of Histiocytosis Awareness Month the top (3) scorers to accumulate at least 300 points will each win a \$50 Amazon Gift Card and the top scorer will also win an Awareness merchandise Bundle worth \$100.

**EVERYONE** is invited to play along - but to be eligible to win prizes, you must first sign up.

### Get started in three (3) Easy Steps

1. Sign up to participate for the chance to win a prize.
2. Complete the activities on the 'official' I Know Histo Challenge checklist.
3. Visit [www.histio.org](http://www.histio.org) for a variety of Awareness Month activities that will help you fulfill the Challenge.

Don't want to "officially" play along - but still want to raise histio awareness? No problem - we encourage you to find ways to spread the word about histiocytic disorders. Get involved and help us continue to educate and advocate on behalf of all those affected by histiocytic disorders.