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!

**EDUCATE**

**SHARE**

**SUPPORT**

**BRING AWARENESS TO THE MEDICAL COMMUNITY**

One way to raise awareness that is often overlooked is to share resources with medical professionals to help advance knowledge and recognition of histiocytic disorders across multiple medical specialties. The Histiocytosis Association has educational resources available that you can share with your medical team.

You can order an Awareness Kit with additional resources in the Histio eStore.

**Physician Letter Writing Campaign.**

Reach out to general practitioners and other healthcare providers with information about histiocytosis; share your personal experience and provide them with disease-specific information to aid in diagnosis and treatment.
**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.**

**WEAR BLUE WEDNESDAYS**

Mark your calendar for every Wednesday in September!

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. **#WearBlueWednesdays**

We can’t wait to see your photos – share them on social media or by email at outreach@histio.org.

**HISTIO AWARENESS “ROCKS”**

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

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…?!?

Host a Histio Awareness “Rocks” Painting Party. It’s super easy and fun for the whole family! Here are some **easy instructions** to host your own rock painting “party”.

**ORDER RIBBONS**
Help spread histio awareness – give a voice to our rare and widely unknown disease by sharing your histio story.

If you or someone you love is affected by histio, we invite you to share your #KnowHistio story/message today. Personal stories powerfully illustrate what it's like to live with a histiocytic disorder and why it's important that more people Know Histio.

Share your message, 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.

We’ll share these messages throughout Histio Awareness Month!

AWARENESS MONTH CHALLENGE

All throughout the month of September, we invite you to participate in our I Know Histio Awareness Challenge. When you participate in the awareness challenge activities, you’ll accumulate points associated with each activity - for a chance to win prizes. At the end of Histiocytosis Awareness Month the 3 top scorers (with at least 300 pts.) will each win a $50 Amazon Gift Card and the top scorer will also win an Awareness Bundle worth $100.

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

Three Easy Steps to get started on the Challenge

1. **Sign up** to participate for the chance to win a prize.
2. **Download** the ‘official’ I Know Histio Challenge checklist and rules here.
3. Continue reading for a variety of Awareness Month activities that will help you fulfill the Challenge.
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.

Follow us on social media to get the latest news and information, ask questions or send comments, and connect with other members of the Histio Community.

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.

Share your photos of how you’re spreading awareness and send them to 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 #HistioAwarenessRocks #WearBlueWednesdays

SUPPORT

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.

Your support means so very much to patients and family members affected by histiocytic disorders. When you donate to the Histiocytosis Association, a Charity Navigator Four Star Charity, you'll help us continue to fulfill our promise to grow, connect, and strengthen the Histio Community so that one day our vision of a world free of histiocytic disorders will become a reality!

Make a donation today in honor or memory of a special Histio Warrior.
COMMUNITY EVENTS

Your fellow Histio community members are working hard to spread awareness and raise funds – please consider participating or donating to support their efforts.

Histio Blue Ribbon Run – September 1st thru 30th

Whether you're an avid runner or leisurely walker, you can participate in the Histio Blue Ribbon Run when, where, and however you like and at your own pace.

The Histio Blue Ribbon Run unites the Histio Community everywhere, to run/walk together in spirit and in recognition of Histio Awareness Month and our commitment to the patients and families impacted by histiocytic disorders.

Join us for a 'virtual relay' and be a part of the movement spreading the word about histiocytic disorders over bridges, on streets and trails and across miles and communities everywhere.

Together for the Cure – 5K Walk/Run & Family Fun Day – September 16th

The second annual Together for the Cure-Histiocytosis 5K Walk/Run and Family Fun Day is taking place in Chula Vista, CA and virtually from anywhere!

Run or walk your way to the 5K finish line. Then, enjoy food, music, festivities, and fun for the whole family. Come out, HAVE FUN and together, let’s raise awareness and funds to help make a difference in the lives of patients and families impacted by histiocytic disorders!

Awareness Wreaths

Histio Ambassador/ Warrior Shannon Mayville has created two custom Histio Awareness Wreaths to raise awareness and money to support the Histio Community! A portion of the proceeds from the sale of these wreaths will help support the mission of the Histiocytosis Association to raise awareness of histiocytic disorders, provide educational and emotional support and fund research leading to better treatments and a cure.

If you would like to purchase a one-of-a-kind handmade wreath (while supplies last), visit Shannon’s online shop here.
Together, today and every day let’s raise awareness for histiocytic disorders!

Need some new Histio gear for Awareness Month?

Get Histio ready for Histio Awareness Month and beyond! 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 design in the Histio eStore and start “spreading the word” about 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!