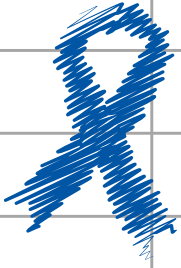


**HISTIOCYTOSIS AWARENESS MONTH TOOLKIT**

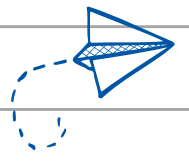
# **AWARE IN THE WORLD IS HISTIO?**



**KNOW  
HISTIO**



# My Histiocytosis Awareness Month Checklist



**Spread the word!!** Share our social media posts with your network.

**Record** *Your Know My Histio Story*

**Order an Awareness Kit today!**



Have a **Blue Party** - share your pics with us!

**Host a Fundraiser** - big or small!

**Glow blue!** - Add a blue porch light for the entire month of September

**Write a letter** to your local media about Histio Awareness Month and share your story.

**Donate \$39 for our 39th anniversary year!**

Ask your local library for permission to **create an awareness display**. Then email [outreach@histio.org](mailto:outreach@histio.org) to request materials

**'Tweet' your representatives.** They're all on 'X', aka Twitter!

Share your Awareness Month photos with us at [outreach@histio.org](mailto:outreach@histio.org)

Order Histio swag...check out our **'Proud to Wear Blue' t-shirt**

Tell your Doctor about our association and ask them to join our **Physician Finder Directory**.

Sign up for the **Histio Blue Ribbon Run** - spread awareness across the miles

**Wear Blue Every Wednesday in September - #WearBlueWednesdays**

**Hang Awareness Posters** in your neighborhood and local stores

Tell your Doctor about the **Histiocyte Society**



Fun for kids! **Host a blue lemonade stand or a bake sale!**

**Learn more about Histiocytic Disorders** - watch our educational videos.



## HISTIOCYTOSIS AWARENESS MONTH

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!

### Did you know....

No matter where you are in the world, you can make a difference in spreading histiocytosis awareness! Let's put histio on the map together!



Join us in raising awareness across the globe —your voice matters wherever you are!

**Aware in the World** are YOU raising awareness?

Join our awareness 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 help!

**You can get started now!**





# EDUCATE



## 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.

**Click on the image to download a digital brochure.**

**\*\* Also available in Spanish**



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.

[DOWNLOAD LETTER TEMPLATE](#)

## PUBLIC SERVICE ANNOUNCEMENTS

Many radio stations will run public service announcements (PSAs) for free. Reach out to your local radio stations to see if they would be willing to mention Histiocytosis Awareness Month this September. To request suggested messages to share with your local radio personality or station producer to read on air, please contact our Strategic Communications Associate, Peter Yanefski at [peteryanefski@histio.org](mailto:peteryanefski@histio.org).



# SHARE



## SHARE YOUR STORY

Help spread awareness about histiocytosis by giving a voice to our rare and often misunderstood disease.

Because histiocytosis is so rare, your story is invaluable. It's a powerful way to connect with others, raise awareness, and even educate medical professionals. Your story could be the key to helping someone still searching for a diagnosis. It can also foster understanding and connection, allowing others to relate to your experience.



[RECORD HERE](#)

[WRITTEN MESSAGE](#)

We'll share these messages throughout Histo Awareness Month!

## WEAR BLUE WEDNESDAYS

9/3, 9/10, 9/17, 9/24



WE  
**WEAR  
BLUE  
FOR HISTIO**

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](mailto:outreach@histio.org).

**#WEARBLUEWEDNESDAYS  
EVERY WEDNESDAY IN SEPTEMBER**





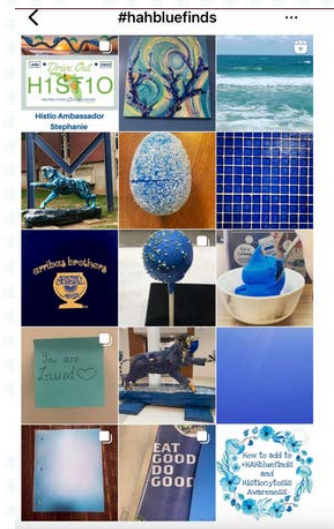
## Are there other ways to spread histio awareness?

### Join the #HAHBlueFinds Challenge!

Have some fun while raising awareness!

Take a moment to snap a photo of anything blue that catches your eye - whether it's a beautiful sky, a cool car, or your favorite outfit. Share your blue find on social media with a message about why spreading awareness for histiocytosis matters to you. Don't forget to tag us and use the hashtag **#hahbluefinds**.

You can also leave an awareness card or blue ribbon behind.



### AWARE will you find something blue?



### Tie a Blue Ribbon for Histo

The Tie a Blue Ribbon for Histo campaign is a grassroots initiative that brings Histo 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 - *before supplies run out!***

**ORDER RIBBONS**



# LET'S COLOR THE WORLD BLUE

Let's color the world **BLUE** to bring **Histio Awareness** by lighting up homes, buildings, bridges and monuments in blue throughout the month of September (Histiocytosis Awareness Month). If you're turning on the blue this September and/or checking out one of the landmarks below, please be sure to **share your photos with us at outreach@histio.org or tag us on social media.**

The following landmarks are committed to **lighting up blue for histiocytosis awareness** this September.



## REQUEST AN OFFICIAL PROCLAMATION

Request a proclamation acknowledging that September is Histiocytosis Awareness Month.

Click [here](#) for a customizable letter you can submit to your city or state officials to request a proclamation recognizing September as Histiocytosis Awareness Month and a [form](#) for them to fill out.

Month Day, Year

Government Official's First and Last Name  
Address  
City, State ZIP

Dear Mr./Ms. Last Name:

I am writing to request that you proclaim September as Histiocytosis Awareness Month in (city/state). Your proclamation would be made in conjunction with other cities and states across the United States of America to promote more people to raise awareness about histiocytosis disorders.

These disorders, commonly referred to as histiocytosis, are considered orphan diseases, affecting less than 200,000 people per year in the United States, thus are less of a priority for government-funded research. In patients diagnosed with histiocytosis, for unknown reasons, certain white blood cells called histiocytes are over-produced; they build up in certain parts of the body and can form tumors or damage organs.

[Insert SHORT paragraph how you and your family are affected]

Histiocytosis Awareness Month is a collaborative effort by the Histiocytosis Association and the Histio Community across the country to highlight the importance of raising awareness for these rare, and often fatal, diseases.

Histiocytosis Awareness Month is a time to focus on the importance of raising awareness for these debilitating disorders; it is also an opportunity to enhance public recognition for the people and organizations that continuously forge forward in search for better treatments and ultimately, a cure. We hope that you will be willing to declare September as Histiocytosis Awareness Month. You can truly make a difference in the lives of patients and families fighting this rare battle.

Sincerely,

Your Name

HISTIOCYTOSIS ASSOCIATION  
A Rare Community

832 North Broadway, Phoenix, AZ 85007 USA  
P: 602.249.8400 F: 602.249.8404  
www.Histio.org

Histiocytosis Awareness Month Proclamation

WHEREAS, histiocytosis disorders, commonly referred to as histiocytosis, are considered orphan diseases, affecting less than 200,000 people per year in the United States, thus are less of a priority for government-funded research;

WHEREAS, these diseases cause "cannon ball" damage due to an overproduction and accumulation of a particular cell in the body;

WHEREAS, some patients can experience a single lesion that goes into remission while others may have several sites of involvement that can be chronic and debilitating;

WHEREAS, there is no known cure and the goal of treatment is to cause the disease to go into remission;

WHEREAS, patients with extensive damage to their body may not survive;

WHEREAS, although these diseases are not thought to be a cancer, the pain and suffering of patients can be just as severe as that caused by the more prevalent diseases that receive a high priority for federal research funding;

WHEREAS, patients with these diseases can suffer damage to their central nervous system, brain, skin, bones, liver, lungs and spleen;

WHEREAS, increased funding by the National Institutes of Health is crucial to facilitating research into these diseases;

WHEREAS, patients with these diseases may be treated with chemotherapy, surgery and/or radiation;

WHEREAS, the Histiocytosis Association has designated the month of September as "Histiocytosis Awareness Month";

NOW, THEREFORE, I, \_\_\_\_\_, MAYOR/GOVERNOR of the City/State of \_\_\_\_\_, do hereby proclaim September as Histiocytosis Awareness Month in \_\_\_\_\_.

Given under my hand in these United States in the City of \_\_\_\_\_ on this day of \_\_\_\_\_, 20\_\_\_\_, and to which I have caused the Seal of the City/State to be affixed and have made this proclamation public.

\_\_\_\_\_  
(Name)

\_\_\_\_\_  
(Title)



## What's the easiest way to spread histio awareness?

It doesn't get any easier than this! 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.

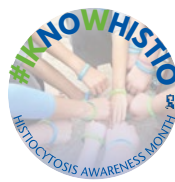
**Share your photos** of how you're spreading awareness and send them to outreach@histio.org or **tag us on social media** so we can share them with the Histio Community.

**Use Hashtags** - #IkNOwHISTIO #kNOwHISTIO #HistioAwareness #Histio #Histiocytosis #HistiocytosisAwareness #HistioWarrior #IKnowAWarrior #WearBlueWednesdays to reach even more people!

## CHANGE YOUR FACEBOOK FRAME

Show your support for histiocytosis awareness by updating your profile image with one of our custom designs or adding a Facebook Frame!

**It's simple and impactful!**



Select from over **8 unique designs**, tailored to your specific histiocytic disorder.

Send us your profile photo and request, and we'll create a custom frame for you. Once it's ready, we'll send it back so you can update your Facebook profile and help spread awareness during Histio Awareness Month this September!

**[Request your custom frame today.](#)**



# SEPTEMBER EVENTS

## Histio Patient and Family Summit– September 26-27th Seattle, WA- Register [HERE](#)

This event is dedicated to all individuals, caregivers, families, advocates, and healthcare partners impacted by histiocytic disorders. We invite you to connect, learn, and be inspired as we build memories in Seattle, Washington.



- **Meet our new Executive Director, Jen Silvers**
- **Connect with fellow patients, families, and medical professionals**
- **Hear Inspiring Speakers**
- **Disease Education**
- **Interactive Workshops**
- **Find Strength and Support Through Community Networking**
- **Help Build a Network of Hope and Resilience Together**

## 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 1-30th

Go the extra mile to raise histio awareness and honor those affected 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.**



**SIGN UP NOW!**



## HOST YOUR OWN EVENT

Why not turn your passion and interests into an opportunity to raise awareness and funds for histio.

**Volunteer-driven events are a crucial part of the Histiocytosis Association's efforts - helping support our programs and services that assist our rare histio community.**



You can have fun raising awareness and funds for histio and make a meaningful impact for patients and families in our rare histio community.

Host a bake sale, car wash or lemonade stand or set up an awareness table at a community event. Whatever you choose to do, the team at the Association can help.

**[To get started or share your ideas, email us at events@histio.org.](mailto:events@histio.org)**



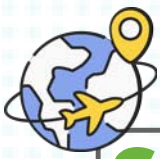
**September is a powerful month to help raise histiocytosis awareness and funds to help advance our mission and ongoing education initiatives for Histo Warriors and their families.**

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 Histo 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 Histo Warrior.](#)**



**[I want to make a DONATION. Can you take me there?](#)**



# SHOP



## HISTIO 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.](#)**

## STOCK UP ON HISTIO GEAR

Get Histio ready for Histio Awareness Month and beyond! Order your **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.



**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!**

**[SHOP HERE](#)**

## JOIN THE FIGHT!

**We encourage you to think of at least one thing you can do to be a part of Histiocytosis Awareness Month.**

**Raise awareness however and *AWARE*ver you can!**