


2023 Rare Disease Day[®]

COUNTDOWN



FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Request a proclamation from your local municipality declaring February 28 Rare Disease Day</p>	<p>2</p> <p>Is there a Rare Disease Day event happening near you? Help get the word out</p>	<p>3</p> <p>Use this poster template to paint a masterpiece with friends using hand prints</p>	<p>4</p> <p>Request a building or monument be lit up in honor of Rare Disease Day</p>
<p>5</p> <p>Share a rare disease fact on your social media or educate a friend</p>	<p>6</p> <p>Share your personal story with rare disease on social media, blog or to a friend/colleague</p>	<p>7</p> <p>Hang a Rare Disease Day poster in a public place</p>	<p>8</p> <p>Challenge your friends and family to join in raising awareness for Rare Disease Day by wearing stripes</p>	<p>9</p> <p>Complete our Rare Disease day crossword puzzle with a friend</p>	<p>10</p> <p>Send a letter to the editor to your local paper informing them about Rare Disease Day</p>	<p>11</p> <p>Tell us who you Show Your Stripes for by submitting a message of support on NORD's website</p>
<p>12</p> <p>Supporter Shout Out! Publicly thank your family and friends that have supported you on your rare disease journey</p>	<p>13</p> <p>Share the Rare Disease Day PSA video on your social media channel</p>	<p>14</p> <p>Put a face to rare disease and share a photo of a loved one affected by rare disease</p>	<p>15</p> <p>Check out our events page to see if there is an event you are interested in participating in</p>	<p>16</p> <p>Color one of the Rare Disease Day coloring pages and share it on social media</p>	<p>17</p> <p>Plan a virtual "Share Your Story" hour with friends and family on Zoom</p>	<p>18</p> <p>Supporter Shout Out! Publicly thank a medical professional that has helped you or a loved one with their rare journey</p>
<p>19</p> <p>Host a Rare Disease Day trivia night with friends and family!</p>	<p>20</p> <p>Get creative! Create a piece of artwork representing your rare journey</p>	<p>21</p> <p>Share what you wish people knew about you or your loved one's rare disease</p>	<p>22</p> <p>Share the Rare Disease Day PSA video on your social media channel</p>	<p>23</p> <p>Complete our rare disease word search with a friend</p>	<p>24</p> <p>Wear a photo of a person with a rare disease with their first name and their disease state for a day and share the information</p>	<p>25</p> <p>Pets for a purpose! Share your pet's photo in support of Rare Disease Day #PetsForAPurpose #RareDiseaseDay</p>
<p>26</p> <p>Share a rare disease fact on your social media or educate a friend</p>	<p>27</p> <p>Make sure your friends and family are ready to show their stripes tomorrow!</p>	<p>28</p>  <p>Join Light Up for Rare by finding a creative way to light up your home today!</p>				

When sharing on social media be sure to use the official hashtags #RareDiseaseDay and #ShowYourStripes

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RAREDISEASEDAY.US