2027 RARE DISEASE DAY® COUNTDOWN

NORD® National Organization for Rare Disorders



February 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Download NORD's Rare Disease Day **Social Media Toolkit** for posts to share throughout the month of February.	2 Plan an activity to stripe out your school, community or workplace for Rare Disease Day. **Share** your plans on our website.	3 Be Creative! Show Your Stripes in a unique way through music, art or craft skill sets and share!	4 Request a building or monument be lit up in honor of Rare Disease Day. **Share** what you are working on with us!	5 **Shop** for your Rare Disease Day swag	6 Share a rare disease fact on your social media or educate a friend
7 Share your personal connection to rare disease on social media	8 Who do you Show Your Stripes for? **Share** a message on our Rare Disease Day dedication wall.	9 Supporter Shout Out! Publicly thank a medical professional that has helped you or a loved one with their rare journey	10 Raise awareness by hosting an **online fundraiser** for NORD in honor of Rare Disease Day.	11 Show some love! Publicly thank your family and friends that have supported you on your rare disease journey	12 Hang a Rare Disease Day **poster** in a public place to raise awareness.	13 Challenge your friends and family to join in raising awareness for Rare Disease Day on February 29th.
14 Complete our Rare Disease day **downloadable activities**	15 Is there a Rare Disease Day event happening near you? **Help get the word out.**	16 Share how you're planning to Show Your Stripes on Rare Disease Day and encourage others to get involved!	17 Order a **lawn sign** from your local printer to be displayed on your front yard and show support for Rare Disease Day.	18 **Share your story** with NORD!	19 Encourage your friends and family to Light Up for Rare Disease Day	20 Share what you wish people knew about you or your loved one's rare disease
21 **Join Light Up for Rare** by finding a creative way to light up your home today!	22 **Host a Rare Disease Trivia** night virtually or in-person	23 Pets for a purpose! Stripe Out your pet in support of Rare Disease Day and share #RareDiseaseDay	24 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	25 Share how you plan to show your stripes on Rare Disease Day!	26 Supporter Shout Out! Publicly thank a medical professional that has helped you or a loved one with their rare journey	27 Make sure your friends and family are ready to show their stripes tomorrow!
28 **SHOW YOUR STRIPES!** Honor the 1 in 10 Americans living with a rare disease.						

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

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rarediseaseday.us