



#myHHTvalentine

Looking for a way to support HHT patients this February? Consider participating in the **#myHHTvalentine** campaign! This is an easy way to show your support in the fight to cure HHT, and directly support an HHT patient. All you have to do is...

- ♥ Set an appointment at a local hospital or blood bank. (Not sure where to donate? Contact your local hospital or Red Cross to find a donation site near you!)
- ♥ Let people know how you're getting involved via Twitter, Facebook, Instagram, or telling your friends and family!



On the day of your blood donation-

- ♥ [Print out the attached poster](#) and take it with you to the donation site.
- ♥ Tell your doctors and nurses about your donation, and raise awareness for HHT patients.
- ♥ Take a photo of yourself holding the poster during your donation. Post it to social media using the hashtag **#myHHTvalentine** and share why you're donating!



Remember, your donation of blood will not only help the medical treatment of HHT patients, but also to give them a voice! Make a difference this Valentine's Day and raise awareness for HHT!