

JUNE 2026

HHT Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Share Cure HHT's social media posts	2 Watch and forward videos about HHT symptoms	3 Calculate your Epistaxis Severity Score	4 Wear red and share why HHT Awareness Month matters to you	5 Forward the HHT Guidelines website to your PCP	6 Connect with Cure HHT on social media
7 Join an HHT registry	8 Download Cure HHT's social media graphics	9 Text one friend or family member a simple HHT fact	10 Take an on-demand CME course on curehht.org	11 Send your local news Cure HHT's campaign press release	12 Share your HHT Story with Cure HHT	13 Host a table about HHT at your local hospital
14 Use World Blood Donor Day to talk about bleeding and anemia	15 Make a donation or set a personal fundraising goal	16 Encourage your doctors to sign up for Cure HHT's research hub	17 Share Cure HHT's Fact Sheet	18 Plan a gift in memory of a loved one	19 Use #HHTAwareness in your social media posts	20 Learn about giving samples to Cure HHT's Biobank
21 Color in and post one of Cure HHT's coloring pages	22 Share what you wish people could "SeeBeyond"	23 Celebrate Global HHT Awareness Day with Cure HHT	24 Wear your Cure HHT merch from the online store	25 Sign up for Cure HHT's newsletter	26 Ask for support through donations for Cure HHT	27 Share a piece of advice for those new to HHT
28 Post one thing you learned this month	29 Thank loved ones and healthcare providers for their support	30				