



# Oxalosis & Hyperoxaluria Foundation

## I Wear Blue for Hyperoxaluria Because...

1. Open “I Wear Blue for Hyperoxaluria Because...”
  - a. Open the [online template in Canva](#) or print the .pdf
2. Add your “why”
  - a. If you are using the online template in Canva, just replace “Your Text Here” and adjust as needed, or handwrite on the printed .pdf template!
  - b. Example: “I hope that all families with a hyperoxaluria connection have access to care, treatments, and diagnosis and I want to spread awareness to make this future possible!”
3. If you are using the online template in Canva, click “share” on the top right, and then the round “present” button to make your sign full-screen.
4. Hold up your sign on paper or on your device, and ask a friend or family member to take a picture! Feel free to take it somewhere or with someone who is important to you!
5. Share on social media with #Hyperoxaluria. Don’t forget to tag @ohfoundation on Instagram, @OHFTweet on Twitter, and TheOHF on Facebook to share on OHF social media and go viral!

It’s that easy!