

NOVEMBER is Alpha-1 Awareness Month!

Alpha-1 awareness is a year-round endeavor, but during the month of November we ask **EVERYONE** to become engaged and increase **Alpha-1 Awareness**. To help you get started, we have created some free materials that you can download and print, share on social media and share by email.

Here are some easy ways to raise awareness of Alpha-1:

- Visit alpha1.org/awareness, learn all about Alpha-1 and see our awareness resources including the Digital Awareness Toolkit, Awareness Month Press Release, “Could it Be Alpha-1?” Video, “How To” Webinar Series and more!
- Download the Alpha-1 Digital Awareness Toolkit and be sure to use the **#Alpha1Awareness** hashtag whenever you share our images on Facebook, Twitter and Instagram.
- Turn your Facebook, Twitter and Instagram profile pictures and headers into instant Alpha-1 awareness with our optimized images.
- Share some of our sample social media posts on your social media profiles, and use the hashtag **#Alpha1Awareness**.
- Plan a Virtual Walk and invite all of your friends and family. Make sure to visit alpha1.org/awareness for details and share your progress using **#VW19**!
- Print the Alpha-1 Fast Facts and other downloadable handouts and give them to your local healthcare providers including respiratory therapists, primary care physicians and nurses.
- Make your email signature a clickable awareness logo to alpha1.org/awareness.
- *And, as always, wear **PURPLE!***

Do your part to increase awareness of Alpha-1 in your community, around the country and on social media.

#Alpha1Awareness

alpha1.org/awareness



Alpha-1FDN



Alpha1Foundation



@alpha1foundation



@AlphaFriend