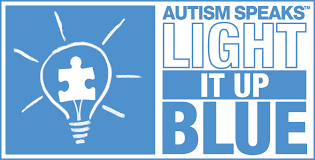


1. Wear blue and encourage all your friends and family to wear blue.
2. Change your light bulb on your porch to blue. Leave it there for the month of April.
3. Decorate your house or mailbox with blue balloons.
4. Add a blue frame to your social media profile picture.
5. Have a blue party at home and eat blue foods. Share pictures.
6. Make a sign like the ones below. Take a selfie with it and share it with family and friends. Hang it up for everyone to see.

Send your pictures to [margaret.palmer@dcsms.org](mailto:margaret.palmer@dcsms.org) and you may get tweeted out on the CHMS Twitter.