

**Suggested Hashtags**

**General Campaign:** #IgnoreNoMore #Sarcoidosis #StopSarcoidosis #ChronicIllness #ChronicIllnessSupport #SarcoidosisWarrior #sarcwarrior #BlackHealth #BlackWomensHealth #WomensHealth #raredisease #SpoonieLife #HealthDisparaties #AskEngageConnect

**Black History Month:** #BlackHistoryMonth #BlackGirlMagic #BlackWomenLead #MadeInColor #ListenToBlackWomen #BlackHealthMatters #BlackIsBeautiful

**Heart Month: #**HeartMonth #CardiacSarcoidosis #GoRedForWomen #WearRedDay #HeartHealth #HeartHealthMonth

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| **FEBRUARY** | **WEEK 2**  |
| **Date** | **Image** | **Copy** |
| **Monday, 2/7** | A picture containing website  Description automatically generated | Join @stopsarcoidosis 2/16 for an engaging discussion on #sarcoidosis, how it impacts African American women, and what can be done to improve outcomes. Register here: <https://bit.ly/3r5DglX> #IgnoreNoMore #blackwomenshealth #raredisease #PatientEmpowerment |
| **Wednesday, 2/9** | Chart  Description automatically generated(ANIMATED GRAPHIC VIDEO) | As an African American woman with sarcoidosis these rates are alarming. We are 3x more likely to have #sarcoidosis than other groups & have higher hospitalization rates. Ask about the symptoms. Learn more: <https://bit.ly/3DG6FXc> #IgnoreNoMore #blackwomenshealth #healthdisparity Tag @stopsarcoidosis |
| **Friday, 2/11** | Website  Description automatically generated with medium confidence | African American women have more severe forms of sarcoidosis. Learn the signs and ask your physician about your symptoms. Learn more: <https://bit.ly/3DG6FXc> #IgnoreNoMore #blackhealthmatters #raredisease #sarcoidosis |