

HOW TO PARTICIPATE IN THE #MyHCandME CAMPAIGN

JOIN IN AND HELP US MAKE HYDROCEPHALUS MORE VISIBLE!

Let's raise awareness about hydrocephalus together. The website www.myhcandme.com offers the opportunity for everyone to share their individual experiences and personal stories about life with hydrocephalus.

PARTICIPATION IS EASY

- Everyone is welcome to participate in the campaign. You can easily take part by using our photo generator to create your social media post. In the download area of the website you will find additional material to create more attention for the topic (logo, banner, info material etc.).
- Support the community by sharing and commenting on **#MyHCandME** posts.
- If you would like to publish material on our social media channels as part of the campaign, please contact our social media team. Your contribution can be as individual as you are. This can be a photo, short video or statement. An important criterion is that it is an original post made by yourself that does not require a license from a third party. Please send your contribution to the Email address: info@myhcandme.com.

HOW IT WORKS

With the help of our photo generator you can create your own campaign photo in four easy steps:



STEP #1

Visit the website
www.myhcandme.com



STEP #2

Upload a photo of you
that fits your personal
story.



STEP #3

Choose your personal
statement.



STEP #4

Share your photo.

For more visibility you can comment on or share the posts of MIETHKE and other participants. By using the hashtag #MyHCandME or tagging your friends, you also contribute to a wider reach.

OUR CHANNELS



www.myhcandme.com



[@MiethkeDeutschland](https://www.facebook.com/MiethkeDeutschland)



[@miethke_international](https://www.instagram.com/miethke_international)



[Miethke International](https://www.youtube.com/MiethkeInternational)