

## Ideas for HOSA Week 2020-2021

November 2-6 (At home or In-Person!)

Members don't have to use the ideas listed, or they can use as many as they wish. These are just ideas to help you get started. Feel free to interpret and edit them to match your vision for HOSA Week.

If your Chapter decides to participate, make sure to take photos and:

- a) **Post them on social media and tag us [@nebraskahosa](https://www.instagram.com/nebraskahosa)**
- b) **Email them to [rachel.buss@nebraska.gov](mailto:rachel.buss@nebraska.gov), [nehosa.vpmembership@gmail.com](mailto:nehosa.vpmembership@gmail.com) or [nehosavpmedia@gmail.com](mailto:nehosavpmedia@gmail.com).**
- c) **Create a powerpoint or video demonstrating what your Chapter did and send it to us.**

Submissions are due **NOVEMBER 6, @ 11:59 CT**. The Chapter with the most days completed and the most creative themes will get a special HOSA prize and recognition from Nebraska and National HOSA. We can't wait to see what you all come up with, and if you have any questions, please feel free to ask.

**All HOSA Week themes must adhere to your school's dress code!**

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### MONDAY: Dress like a Medical Professional

- Face Mask (if not already required)
- Scrubs
- Lab Coat
- Business Professional Clothing
- [DIY Doctor Headband](#)
- Stethoscope
- Scrub Cap
- First Aid Kit/Symbol
- DIY Name Tag or Badge
- Stethoscope
- Face Shield/Goggles
- Dental tools

## **TUESDAY: Be the Match/National Service Project Day**

- **Be The Match**
  - Logo Colors: Green or Blue
  - Donor Shirt
  - Recipient Shirt
  - Blood Cancer Shirt
  - Be The Match Sponsor Shirt

## **WEDNESDAY: Advisor Appreciation/Healthcare Hero Appreciation**

- **Thank You Frontline Workers:**
  - Call out on social media for pictures of Chapter members, advisors, parents, friends, and family members who are working in hospitals during the COVID-19 pandemic. We will post the photos on our social media, and send them to National HOSA to be featured!
- **Make your own Thank-You to Frontline Workers:**
  - Video on social media
  - Thank-you signs or posters at home or school
  - Thank school nurses and health professionals in your buildings
- **Dress up like a superhero to honor those working during the COVID-19 Pandemic:**
  - Cape
  - Superhero shirt
  - Scrubs and superhero pin, facemask, or accessory
- **Do something special for your advisors!**
  - Thank You cards from the Chapter
  - Thank You posters
  - Virtual or social media Thank You
  - Breakfast/Lunch for HOSA Advisor(s)
  - Dress like your HOSA Advisors
  - Send them an email and let them know how much you appreciate them!

## THURSDAY: HOSA Spirit Day

- Chapter Gear
- State HOSA Gear
- National HOSA Gear
- School Colors

## FRIDAY: Disease Color Awareness Day

- Examples:
  - **Pink:** Breast Cancer
  - **Purple:** ADD, ADHD, Alzheimers, Epilepsy, Pancreatic Cancer, Neuropathy
  - **Red:** AIDS/HIV, Stroke, Heart Disease, High Blood Pressure, Hypertension, Brain Aneurysm
  - **Yellow:** Liver Cancer, Liver Disease, Endometriosis, Bone Cancer, Obesity, Sarcoma, Spina Bifida
  - **Gold:** Pediatric Cancer
  - **Green:** Bipolar Disorder, Cerebral Palsy, Childhood Depression/Depression, Dwarfism, Kidney Cancer, Leukemia, Mental Health, Stem Cell Research
  - **Pearl/White:** Blindness, Bone Cancer, Hernia, Gay-Teen Suicide Awareness, Mesothelioma, Lung Cancer, Emphysema, Scoliosis
  - **Blue:** Alopecia, ARDS, Arthritis, Colorectal Cancer, Colon Cancer, Osteogenesis Imperfecta, Tuberous Sclerosis, Usher Syndrome
  - **Brown:** Anti-Tobacco, Familial Polyposis
  - **Gray:** Allergies, Aphasia, Asthma, Brain Tumors, Brain Cancer Awareness, Borderline Personality Disorder