

Advocacy 101

Advocacy = speaking up so decision-makers understand what people actually need.



Why We Advocate

How a bill becomes a law:

A bill is an idea written into a proposal → A legislator sponsors the bill → The bill is reviewed, debated, and voted on → If passed, it becomes law or is funded through the budget

Laws and budgets don't happen automatically—they happen because people ask for them.

👉 When we advocate, we:

- Help lawmakers understand Long COVID is real and urgent
- Influence which bills move forward
- Increase chances that funding and protections are included

How We Advocate

Who do I contact?

- Your state representative
- Your state **senator**

Ways to advocate:

- Email
- Online contact form
- Phone call (even a voicemail counts!)
- Letter

How to find them:

Search: “Find my state representative + [your state]”

Enter your address

You'll see names, emails, and phone numbers



What We're Advocating For

1. *An Act to improve access to health care for people with Long COVID (H.4608/S.1577)*
2. *TREAT Long COVID Act H.R.3258*
3. *Long COVID Research Moonshot Act (S.4964)*

💡 You don't need to do all of these. One message = impact.



Call or Write Your Legislator: Fill-In Script

(Copy/paste and fill in the blanks!)

Subject line (email): Please Support and Co-Sponsor [Bill Name / Number]

Message:

Hello [Representative/Senator] [Last Name],
My name is [Your Name], and I live in [City or ZIP Code]. I am writing as a constituent to ask you to support and co-sponsor [Bill Name / Number], which addresses Long COVID.

Long COVID affects millions of people, including [me / someone I love / people in my community]. For me, Long COVID has meant:

- [1 short sentence — example: “ongoing fatigue and brain fog that limits my ability to work”]

This bill is important because it would:

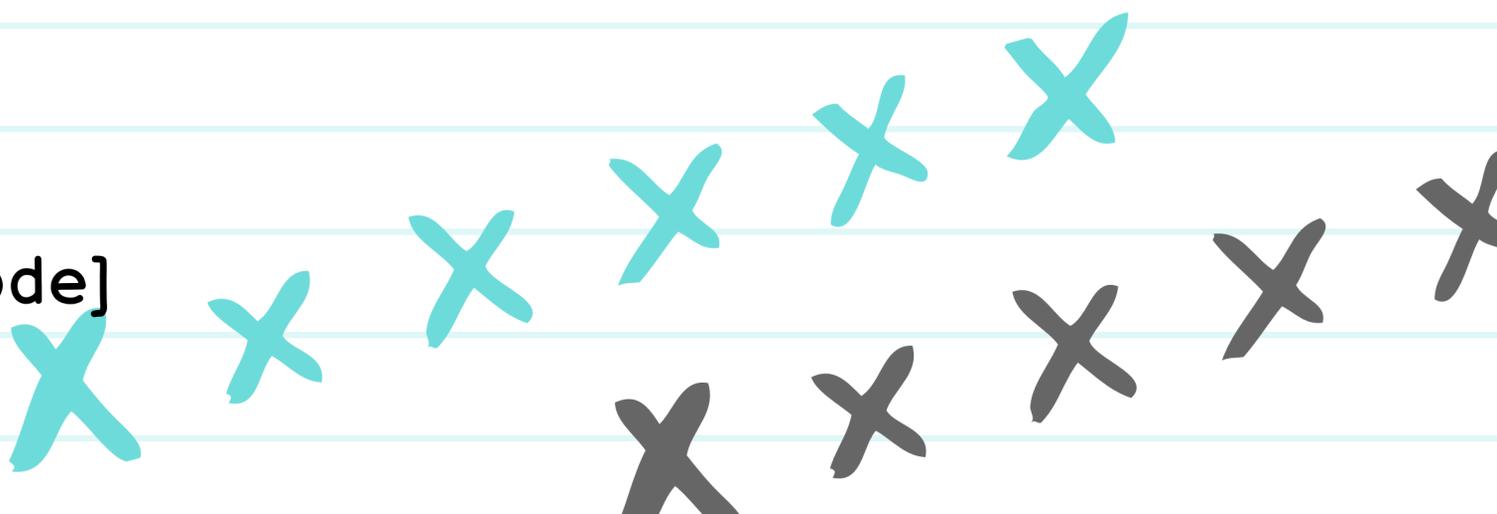
- [One benefit in plain language]
- [Optional second benefit]

I respectfully ask that you: Support this bill and/or consider co-sponsoring it and if possible, help ensure Long COVID is included in upcoming budget decisions. Thank you for your time and for representing our community.

Sincerely,

[Your Name]

[City or ZIP Code]



Phone Call Version (Even Shorter):

"Hello, my name is [Name], and I live in [ZIP code]. I'm calling to ask [Representative/Senator] [Last Name] to support and co-sponsor [Bill Name/Number] related to Long COVID. This issue is very important to me and my community. Thank you."

 *You can leave this as a voicemail. That still counts.*





Do legislators really read messages?

Yes. Staff track calls, emails, and letters by topic. Volume matters—especially when messages come from constituents.

Where can I find other bills?

- Your state legislature website
- Advocacy organization websites
- Ask your representative's office directly

COMMON QUESTIONS

Who should I write to—state or federal?

That depends on the bill. Many long COVID issues (care access, workplace protections, funding) are handled at the **state** level, especially during budgeting.

When is the most important time to advocate?

➡ Budget season (Feb - Sept)
This is when funding decisions are made. If Long COVID isn't mentioned, it often gets left out.

What if I don't have energy to advocate?

That's okay!

- One email is enough
- Copy/paste is valid
- Asking someone else to send it for you is valid

Advocacy should never come at the cost of your health.

