FEDERAL SOCIAL MEDIA ADVOCACY DAY POSTS

Social Media Graphics to go with these:
https://drive.google.com/drive/folders/1_wNDI4-p_1N5ePd1e3RXXdfF_TSK43xG

How to use these posts

These posts are written for you to share with your own network — friends, family, colleagues, anyone who isn't already in the ME/CFS advocacy community. The goal is to get people who know and trust you to take 5 minutes and contact their representatives.

Feel free to personalize further with your own connection to ME/CFS.

- Copy and paste directly, or adapt freely.
- Add your own sentence at the top if you want to make it more personal.
- The Quorum toolkit link has all the context and pre-drafted language — your network just needs to click and send!

Toolkit link: https://solvecfs.quorum.us/campaign/157943/

The Three Asks — Quick Reference

1. CDC Chronic Fatigue Syndrome Program

Increase funding from $5.4M → $15.4M. Covers disease surveillance, provider education, and treatment guideline development.

2. CDMRP / Defense Peer Reviewed Medical Research Program

Keep ME/CFS as an eligible topic area. This program has funded clinical trials targeting brain fog. It is a $370 million bucket of medical research funding.

3. NIH ME/CFS Research Roadmap

Fund implementation with ≥$50M within the NIH Office of the Director. Congress directed NIH to develop the plan in FY26. FY27 is the moment to fund it.

Sen. Markey is circulating sign-on letters on the Senate side. Rep. Lofgren is circulating on the House side (LHHS deadline on the House side is: today at 6pm ET).

Quick reference

Toolkit link: https://solvecfs.quorum.us/campaign/157943/
Hashtags: #MECFS #pwME #MEAwarenessHour
Tag: @SolveME @MEAction
Questions: advocacy@solvecfs.org

X / Twitter

Post 1

> ME/CFS affects ~9 million Americans. There are no FDA-approved treatments. We need medical research funding to change that.
>
> Today advocates are asking Congress to change that - join us! It takes 5 minutes: solvecfs.quorum.us/campaign/157943/
>
> #MECFS #MEAwarenessHour

Post 2

> A message directly from a constituent is one of the most effective things that moves a congressional office to support something.
>
> Today we're asking Congress to fund ME/CFS medical research. 9 million Americans. No treatments.
>
> 5 minutes: solvecfs.quorum.us/campaign/157943/
>
> #MECFS #pwME

LinkedIn

Post 1

> Today is Federal Advocacy Day for ME/CFS Advocacy Week 2026, and I'm taking a few minutes to contact my representatives.
>
> Here's why:
>
> Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) affects an estimated ~9 million Americans and there are no FDA-approved treatments. The

> CDC's dedicated program has operated on the same $5.4 million for many years now.
>
> This week, Solve M.E., #MEAction, and #NotJustFatigue are asking Congress to take three concrete steps in the FY27 appropriations process:
> 1. Increase CDC ME/CFS funding from $5.4M → $15.4M
> 2. Keep ME/CFS in the DoD's peer-reviewed medical research program
> 3. Fund the NIH ME/CFS Research Roadmap with $50M
>
> Congress directed NIH to build an implementation plan for the ME/CFS Research Roadmap in FY26. FY27 is our chance to get funding for it.
>
> If you've been looking for a low-spoons way to take action today — this is it. The form takes about 2 minutes and goes directly to your Senators and Representatives:
> 👉 solvecfs.quorum.us/campaign/157943/

Post 2

> A significant proportion of Long COVID patients go on to meet the diagnostic criteria for ME/CFS - a serious, disabling post-infectious disease with no FDA-approved treatments and decades of underfunding.
>
> Today is Federal Advocacy Day for ME/CFS Advocacy Week. Advocates from across the community along with Solve M.E., #MEAction, and #NotJustFatigue are asking Congress to take three concrete steps in the FY27 appropriations process:
> 1. Increase CDC ME/CFS funding from $5.4M → $15.4M
> 2. Keep ME/CFS in the DoD's peer-reviewed medical research program
> 3. Fund the NIH ME/CFS Research Roadmap with $50M
>
> If you work in healthcare, research, or public health, or even if you just know someone this affects, I'd ask you to take 5 minutes to reach out to your members of Congress using our toolkit:
> 👉 solvecfs.quorum.us/campaign/157943/
>
> #MECFS #LongCOVID #PostInfectious #PublicHealth #MEAwarenessHour

Facebook

Post 1

> Today I'm taking a few minutes to reach out to my Senators and Representatives about ME/CFS research funding and I'd love for you to join me.
>
> ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome) affects around 9 million Americans. It's serious, disabling, and there are still no FDA-approved treatments. The CDC's dedicated program hasn't seen a budget increase since its inception.
>
> This week, advocates are asking Congress for three things in the FY27 budget:
> ✅ Increase CDC ME/CFS funding to $15.4M
> ✅ Protect ME/CFS research at the Department of Defense
> ✅ Fund the NIH ME/CFS Research Roadmap with $50M
>
> It takes about 2 minutes through this link, and it goes directly to your representatives:
> 👉 solvecfs.quorum.us/campaign/157943/
>
> If you know someone with ME/CFS or Long COVID, please share. We'd like to reach members of Congress in every state today.
>
> #MECFS #pwME #MEAwarenessHour

Post 2

> Quick ask from me today:
>
> ME/CFS affects 9 million Americans and has no FDA-approved treatments. Medical research into this illness is deeply underfunded at a federal level. Advocates are asking Congress to change that today and a message from a constituent genuinely makes a difference.
>
> Would you take a few minutes to reach out using our toolkit?
> 👉 solvecfs.quorum.us/campaign/157943/
>
> Happy to answer any questions about ME/CFS if you have them. Thank you.

Post 3

> I'm a [caregiver / family member / friend] of someone with ME/CFS, and today I'm asking my network for help.

> ME/CFS is real, it's serious, and it's been underfunded for decades. Today there's a coordinated push asking Congress to act on three specific ME/CFS medical research funding priorities:
> ✅ Increase CDC ME/CFS funding to $15.4M
> ✅ Protect ME/CFS research at the Department of Defense
> ✅ Fund the NIH ME/CFS Research Roadmap with $50M
>
> The toolkit takes 5 minutes and goes directly to your representatives:
> 👉 solvecfs.quorum.us/campaign/157943/
>
> It would mean a lot. Thank you.

Instagram

Post 1

> ME/CFS affects 9 million Americans. It's a serious, disabling disease and there are no FDA-approved treatments. Federal research funding has barely moved in 30 years.
>
> Today is Federal Advocacy Day for ME/CFS Advocacy Week, and advocates are asking Congress to act on three medical research funding priorities. It takes about 5 minutes to contact your Senators and Representatives through the link in my bio.
>
> If you've been looking for something you can do with minimal spoons today, this is it.
>
> #MECFS #pwME #MEAwarenessHour

Post 2

> 9 million Americans. No FDA-approved treatments. 30 years of flat funding.
>
> Today we're asking Congress to change that. Link in bio — takes 5 minutes.
>
> #MECFS #pwME #MEAwarenessHour

Discord

Post 1

> 📣 ME/CFS Federal Advocacy Day is today

> Congress has a real opportunity in FY27 to change the trajectory of ME/CFS research — and we need your voice today. We're asking for three things:
>
> 1. Increase CDC ME/CFS funding to $15.4M (it's been $5.4M since 1996)
> 2. Keep ME/CFS in the DoD's peer-reviewed research program (CDMRP)
> 3. Fund the NIH ME/CFS Research Roadmap with $50M — the plan is built, now Congress needs to fund it
>
> It takes about 5 minutes to send a message directly to your Senators and Representatives. Toolkit link here:
>
> 👉 solvecfs.quorum.us/campaign/157943/

Post 2

> 💬 Today is ME/CFS Federal Advocacy Day and we're asking everyone to take 5 minutes to contact their Senators and Representatives.
>
> The toolkit is pre-written — you just personalize and send. Three asks: CDC Chronic Fatigue Syndrome funding, keeping ME/CFS eligible for Medical Research funding at the Department of Defense, and $50 to implement the NIH ME/CFS Research Roadmap.
>
> 👉 solvecfs.quorum.us/campaign/157943/

Post 3

> If you or someone you know has Long COVID, this one matters for you too.
>
> A significant proportion of Long COVID patients go on to meet the criteria for ME/CFS. The research funding we're asking for today - $15.4 million for the CDC chronic fatigue syndrome program, keeping ME/CFS eligible in the peer reviewed medical research program at the DoD, and implementing the NIH ME/CFS Research Roadmap would directly advance understanding of both conditions. The Long COVID-to-ME/CFS pipeline is expanding the population in need of answers right now.
>
> Today is Federal Advocacy Day. 5 minutes, directly to your representatives:
>
> 👉 solvecfs.quorum.us/campaign/157943/

Email

Email 1

> **Subject: Can you take 5 minutes for ME/CFS research today?**
>
> Hi [Name],
>
> I'm reaching out because today is Federal Advocacy Day for ME/CFS Advocacy Week, and I'd love your help.

> ME/CFS affects around 9 million Americans. There are no FDA-approved treatments. This illness is deeply underfunded. This year, there's a real window to change that — but Congress needs to hear from constituents.
>
> This toolkit takes about 5 minutes and goes directly to your Senators and Representatives. It's pre-written and includes full context about what we are working on as a community — you just add your name and hit send:
>
> 👉 solvecfs.quorum.us/campaign/157943/
>
> Thank you so much.

Email 2

> **Subject: Today is the day to ask Congress to fund ME/CFS research**
>
> Hi [Name],
>
> I'm writing because today is Federal Advocacy Day for ME/CFS Advocacy Week 2026, and I think this is worth two minutes of your time to read.
>
> ME/CFS — Myalgic Encephalomyelitis/Chronic Fatigue Syndrome — affects an estimated 9 million Americans. It is serious and disabling. 25% of patients are homebound or bedbound, often permanently. There are no FDA-approved treatments. And the federal funding dedicated to it has been stagnant for decades
>
> FY27 is a genuine moment of opportunity. The FY26 appropriations bill directed NIH to develop a Research Roadmap implementation plan and NIH Director Dr. Jay Bhattacharya has publicly said ME/CFS is real and a new approach is needed. There is bipartisan support. What's needed now is for Congress to hear from constituents.
>
> We're asking for three things in the FY27 budget:
>
> 1. Increase CDC ME/CFS funding to $15.4M.
>
> The CDC's Chronic Fatigue Syndrome Program is the only federal initiative dedicated to ME/CFS public health infrastructure — surveillance, provider education, treatment guidelines. It has operated at $5.4M since 1996. The Long COVID-to-ME/CFS pipeline is dramatically expanding the population in need right now.
>
> 2. Keep ME/CFS in the DoD's Congressionally Directed Medical Research Program (CDMRP).
>
> This program has funded innovative clinical trials targeting brain fog and other hallmark symptoms. It provides access to $370M in peer-reviewed research funding. Continued inclusion protects ongoing momentum and keeps the door open for future studies.
>
> 3. Fund the NIH ME/CFS Research Roadmap with $50M.

> Congress directed NIH to build a Roadmap for advancing biomarkers, diagnostics, and interventional trials. The plan exists. FY27 is the moment to fund it — with dedicated resources within the NIH Office of the Director to finally move from planning to action.
>
> A message from a constituent is one of the most effective things that moves a congressional office. The toolkit below takes about 5 minutes — it goes directly to your Senators and Representatives and is largely pre-written:
> 👉 solvecfs.quorum.us/campaign/157943/
>
> If you can do one more thing — forward this email to one other person. Every additional constituent voice adds to the count that congressional offices track.
>
> Thank you for your support.