



SUFS Flood the Forms Action Guide - 'Contacting Your Congressperson' Scripts

Use your Congress Member's websites to submit comments in the "Contact Me" forms.

While calling is always the top way to make an impact, writing comes in second, and is an underutilized channel for contacting representatives.

The "Contact Me" message goes directly to a monitored inbox that doesn't get flooded with other types of emails and is only for constituents.

This expedites the processing time to reach the congressperson.

First, Find Your Representative:

Go to your representative's "contact me" page on their website [\[list linked here\]](#).

Second, fill out the message form.

It's that easy! Here is a script you can use or adapt:

My name is [your name] and I am a constituent of [Senator/Representative name] from [zip code/city, state]. I am writing because I'm deeply disturbed by the Trump Administration's attacks on vital public institutions such as CDC, EPA, and FEMA, and the public servants who have dedicated their lives to protecting Americans, saving lives, and helping communities in crisis.

Yesterday, DHS retaliated against the brave FEMA staff who publicly signed the Katrina Declaration to warn us that the Federal response capacity is weakened and under threat. At CDC, senior career leaders are resigning en masse in response to the politicization of public health and the unconscionable harm inflicted on Americans when truth and scientific rigor are discarded for a political agenda. Even Trump-nominated and Senate-confirmed CDC Director Dr. Monarez is being illegally pushed out by HHS because she defended CDC staff against attacks from RFK Jr. The EPA staff who courageously sounded the alarm on the dangerous dismantling of environmental safeguards remain on administrative leave and under investigation.

This is not normal. It is not an administrative reorganization, it is an attack on public health, public safety, and truth itself. These actions WILL cause immediate and long term harm and will weaken America.

[Optional: include your personal story - have you or your loved ones directly benefited from CDC, EPA, or FEMA related services, support. How do the Administration's attacks on these institutions and the people who serve them affect you directly.]

I urge [Sen/Rep name] to speak out forcefully in defense of public servants honorably serving the American people. [Sen/Rep name] must defend the integrity of the public institutions that keep our nation safe and healthy and, using all tools available to Congress, shield our vital institutions from further harm.