

Sample Scripts for contacting your senator
Find your senators phone number and email at
<https://www.usa.gov/elected-officials>

We encourage you to contact your Senator in whichever way is most accessible to you: writing, email, phone, or social media.

We delivered books to dozens of Senate offices and will return next session to deliver more. [Click here for a list of deliveries.](#)

Style Guide:

We encourage you to use Myalgic Encephalomyelitis on first use, then abbreviations ME (spoken: em-ee) or ME/CFS.

We encourage the use of the patient-led term, “Long COVID.”

[How to pronounce Myalgic Encephalomyelitis](#)

Sample Script - Senators who received a copy:

Hello Senator [Last Name],

My name is [your name] from [city, state] and I am calling to encourage you to read the puzzle solver book and included information that was hand delivered to your office on capitol hill on Tuesday, September 26.

[Share your connection to ME and/or LC or show why you care]

We must act with urgency to find effective treatments and provide care for those living with these devastating illnesses. Thank you.

Sample Script - Senators we missed:

Hello Senator [Last Name],

My name is [your name] from [city, state]. On Tuesday, September 26, advocates hand delivered copies of the book the Puzzle Solver. They will be returning next session to deliver more copies. I am calling to encourage you to read The Puzzle Solver and learn more about Myalgic Encephalomyelitis and Long Covid.

[Share your connection to ME and/or LC or show why you care]

We must act with urgency to find effective treatments and provide care for those living with these devastating illnesses. Thank you.

Sample connections to ME & LC:

I have been living with [ME and/or LC] for]x years, x months]

I am calling on behalf of my [friend, family member, colleague] who is living with [ME and/or LC]

I am a medical provider who is seeing patients with [ME and/or LC].

I am a researcher studying [ME and/or LC].

I'm calling on behalf of those living with severe ME, for whom the exertion of a phone call would cause a crash.

I'm calling on behalf of the majority of the majority of those living with ME who are [undiagnosed, according to the CDC.](#)

I am calling on behalf of the children who may develop [ME and/or LC] as a result of past infections.

I am calling on behalf of the family members who are providing care for loved ones with [ME and/or LC]

I am calling on behalf of the workers who may develop [ME and/or LC] after catching an infection on the job.

I am calling to represent the [Black, Indigenous, Latinx, Disabled, and/or Queer] community that is disproportionately affected by [ME and/or LC].

We hope this resource is helpful to you. For comments, questions or suggestions, please email maryland@meaction.net