



ME/CFS Advocacy Week--Senate Call-In Action Handbook

You can still be a big part of ME/CFS Advocacy Week, April 1 to April 7, even if you can't make it to Washington DC. Make your voice heard by phone! Call your members of Congress and ask them to take action in support of ME/CFS.

Your call will only take 2-3 minutes each, where you will either speak with a staff member or leave a voicemail. Each call and voicemail are tallied up and provided to your Member of Congress! The more calls, the better.

We want to flood Congress with calls during ME/CFS Advocacy Week. They need to know A) that ME/CFS affects MILLIONS of people and B) we need their support to make a difference.

If you have the energy, you should make TWO phone calls:

1. Your 1st Senator
2. Your 2nd Senator

If you are up for it, you can even call each day during the week and repeat the same important message!

If you are unable to get through to your Senator's DC office or are unable to leave a voicemail, you can always contact a district office.

Please use the scripts provided below to call your Senators' offices.

Find your member's phone number here:

Senators: https://www.senate.gov/general/contact_information/senators_cfm.cfm

Calling Your Senators:

Hello, my name is _____ (your name) and I am calling from _____ (city), _____ (state) in zip code _____ (your zip code). I am calling to ask Senator _____ to please co-sign two appropriations request letters concerning Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). Unfortunately, I need to request a rapid response.

The first letter is to Labor HHS Appropriations in support of \$9.9 million for existing and new ME/CFS programs at the CDC to meet the urgent needs of ME/CFS patients. The second is to the Defense Appropriations Subcommittee requesting the inclusion of report language adding ME/CFS to the list of Congressionally Directed Topic Areas in the Department of Defense's Peer Reviewed Medical Research Program (PRMRP).

The CDC has called this disease "America's Hidden Health Crisis." I ask you to help us solve this crisis. Please contact Ms. Brianna Battle (Brianna_Battle@markey.senate.gov) or (202) 224-2742 in the Office of Senator Markey. Thank you!