

GUIDE FOR ALLIES & LOVED ONES

MOONSHOT FOR
LONG COVID

“UNHAPPY HOLIDAYS”

THIS SEASON, LIFT YOUR VOICE FOR LONG COVID.

I WANT TO SUPPORT MY LOVED ONE WITH LONG COVID!

Someone close to you is living with Long Covid, without real treatments or cures, and is terrified about their future prospects with no research or care funding for their emerging chronic condition. We need our elected Representatives to advocate for funding for Long Covid so that all of these people have a chance to regain health and live productive and successful lives.

WHY HOLIDAY CARDS & SEASONAL LETTERS?

It's common to send seasonal cards and seasonal letters at the end of the year to keep in touch with family, update distant relatives on the year's events, and celebrate the season. **People living with Long Covid aren't able to enjoy most of the festivities that accompany end-of-year celebrations, and often mourn a year in which little could be done to advance their dreams.** We're going to share the *Unhappy Holidays of Long Covid* with our elected legislators, and paint a vivid picture of life unrecovered from Long Covid.

WHERE DO I GET THE CARDS OR LETTERS?

If you are already sending cards, please send one to your legislator on behalf of your Long Covid loved one. If you need a printable letter, visit LongCovidMoonshot.com to find letters to print and mail!

WHAT DO I WRITE IN THE CARD?

Speak from the heart. Just let your representative know that you care about someone living with Long Covid and that you miss them this holiday season.

*** Ask your Member of Congress to back a Moonshot for Long Covid:
\$1B per year for the next 10 years for dedicated NIH research funding.**

WHERE SHOULD I SEND MY CARD OR LETTER?

Find the name and address of your Members of Congress at congress.gov/members/find-your-member or call the Capitol Switchboard at 202-224-3121 and ask for your Congressperson's mailing address.

Include your return address and your email address in your letter contents. This will give you a greater chance of a response, even if it is automated! It's likely that the card will be scanned and the contents digitized. And of course, put your return address on the outside of the envelope as well.

THE GRINCH STOLE MY CONGRESS REP!

Residents of the District of Columbia, Puerto Rico, and other U.S. territories with limited representation in Congress, feel free to send your cards to:

President Joe Biden
The White House
1600 Pennsylvania Avenue, N.W.
Washington, DC 20500

COULD I SEND AN EMAIL INSTEAD?

Yes! Whether you are low on spoons, stamps, or mailboxes, email can be a great way to keep your voice in the conversation, as well as to get on their mailing list and start to create a personal relationship.

✱ The more we can put a human face on the story of Long Covid, the more interest and support we can leverage from our Congresspersons, many of whom still don't even know about Long Covid.

Use the steps on the preceding pages to write your message, but send it from your email inbox instead. You can find the email address using the same link: congress.gov/members/find-your-member.

SPEAKING UP FOR LONG COVID IS A GIFT. THANK YOU.