



# MOONSHOT FOR LONG COVID

**“UNHAPPY HOLIDAYS”**  
**SEASONAL CARDS & LETTERS GUIDE**

# THIS SEASON, SEND A MESSAGE ABOUT LONG COVID.

## WHAT'S THE ACTION?

We're subverting the traditional holiday card and end-of-year letter format to send Congress a message about living with Long Covid: It's not much fun, we are alone on the holidays, and we need help NOW.

## WHY HOLIDAY CARDS & LETTERS?

It's common to send holiday 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.

# THIS IS NOT EXACTLY A HALLMARK MOVIE.

## TELL YOUR PERSONAL/SEASONAL STORY ABOUT LONG COVID LIFE:

**Example:** I can't work, so I can't buy gifts.

**Example:** I can't make cookies with my grandmother due to my stomach problems.

**Example:** I can't gather with friends because I am too weak/it is not safe.

**Example:** Many of us are too sick to leave our homes and can't return to our lives.

**Example:** We want to participate in society.

**Example:** We have no approved treatments and little hope.

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You can be serious and sad, or you can have a little bit of fun with it.

Whatever you choose, let them know that when you have Long Covid, your winter days are neither merry nor bright!



# OUR SOLSTICE WISHES:

## ASK CONGRESS TO INVEST IN A MOONSHOT FOR LONG COVID:

We need appropriation of at least \$1B per year, over the next 10 years, for dedicated Long Covid NIH research funding and clinical trials.

## OPTIONALLY, ASK THEM TO BACK THIS PROPOSED LEGISLATION:

- Long COVID Support Act (S. 2560)
- TREAT Long COVID Act (HR 3258)
- Long COVID RECOVERY NOW Act (HR 1114)
- Stop the Wait Act (HR 883 + S. 320)

# HOW SHOULD I SEND MY MESSAGE?

**Choose what fits your spoons!**

## WRITE A CARD

Fill out your own end-of-year or holiday card with your Long Covid story details (ideas on the next slide). It can be a card you are already sending in a big batch, a card you make with your own design, or a family photo card!

## PRINT A LETTER

Print a letter from [LongCovidMoonshot.com](https://LongCovidMoonshot.com) to mail! Printable letters fit standard 8.5x11" paper and business envelopes.

Type and print out extra pages as needed to tell your story!

## SEND AN EMAIL

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 the mailing list and start to create a personal relationship.

# FINDING ADDRESSES

## WHERE SHOULD I SEND IT?

Find the name and address of your Members of Congress at [congress.gov/members/find-your-member](https://congress.gov/members/find-your-member) or call the Capitol Switchboard at 202-224-3121 and ask for help finding 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! And of course, put your return address on the envelope.

## THE GRINCH STOLE MY 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



# CAN ALLIES HELP?

Yes! This is the perfect occasion to share with friends and family to ask them to advocate for Long Covid & give you the gift of their voice this season.

Visit [LongCovidMoonshot.com](https://LongCovidMoonshot.com) for the Allies Guide to send to your loved ones, as well as printable letters and social graphics to share.

