

CALLING GUIDE

NOV 14TH 3-5PM EST



COME TOGETHER TO CALL FOR ACTION FOR LONG COVID

WHAT WE WANT:

- A moonshot for Long Covid a commitment to invest at least \$1B per year over the next 10 years into NIH research funding.
- Back the Long COVID Support Act (S. 2560), TREAT Long COVID Act (HR 3258), and Long COVID RECOVERY NOW Act (HR 1114).

WHY CALL?

For those who are able, calling is a very effective way to put pressure on your representative. It's a proven strategy that shows our power. It requires their staff hours, staff attention, call logging, and callbacks.

HOW TO TO CALL FOR ACTION FOR LONG COVID!

WHAT WILL HAPPEN WHEN I CALL?

A staffer will answer the phone.

Be brief, respectful, and to the point.

Be clear about your messaging. Example ahead!

If you don't reach a live human, leave a voicemail with the same message.

YOU GOT THIS!!

Take your time, and don't feel stressed! You have a right to call and voice your opinion, and it doesn't have to be perfect.

Your authentic voice matters.





WHAT SHOULD I SAY WHEN I CALL?

My name is	and
I'm a resident of	

Like tens of millions of other Americans, I have Long Covid.

NIH funding for Long Covid research has run out, and there's still no approved treatment.

A recent commentary in the journal *Nature* called for a new commitment of **at least one billion dollars per year for the next ten years** for NIH research funding and clinical trials. I'm joining that call, and I hope you will too.

Can I count on Representative/Senator [NAME] to support people suffering with Long Covid?

IF YOU ARE UP TO IT, ADD A BRIEF PERSONAL STORY:

I have had Long Covid for X years and X months, and it has completely upended my life. I can no longer X [activity], which means that X [outcome].

Example: I can't work, and I've lost my home.

Example: I can't drive my kids to activities, and that has impacted their quality of life and our family bond.

Many of us are too weak to leave our beds and can't work to support our families or contribute to society.

We have no approved treatments and little hope.



OPTIONAL ASKS:

[For Senators]

I also ask that Senator [NAME] support the existing Long Covid bill S.2560, which includes educating healthcare providers about Long Covid.

[For House Reps] I also ask that Representative [NAME] support the existing Long Covid bills

- HR.3258, which supports establishment of Long Covid clinics, and
- HR.1114, which includes educating healthcare providers about Long Covid.





WHAT CAN I SAY IF I'M AN ALLY?

My name is	and I'm one of
Senator/Representative [N	NAME]'s constituents in

Like tens of millions of other Americans, I have a [friend / loved one / family member] with Long Covid.

NIH funding for Long Covid research has run out, and there's still no approved treatment.

A recent commentary in the journal *Nature* called for a moonshot for Long Covid – a commitment of at least one billion dollars per year for the next ten years for NIH research funding and clinical trials. I'm joining that call, and I hope you will too.

[For Senators] I also ask that Senator [NAME] support the existing Long Covid bill S.2560, which includes educating healthcare providers about Long Covid.

[For House Reps] I also ask that Representative [NAME] support the existing Long Covid bills

- HR.3258, which supports establishment of Long Covid clinics, and
- HR.1114, which includes educating healthcare providers about Long Covid.

20 million Americans are now living with Long Covid, and 90% of those were from mild infections. There are no approved treatments, and research funding has dried up.

Can I count on Representative/Senator [NAME] to support people suffering with Long Covid?



WHAT IF I WANT TO EMAIL INSTEAD?

https://democracy.io is an easy and safe way to send emails to your representatives.

It works on phones, tables, and computers.

Enter your home address, and the site will automatically locate your elected representatives.

You can add a subject line and then add your message to the text box.

Finish the form and press Send.

Ahead is sample text that you can use!

Be sure to customize the areas marked with [X].



EMAIL SAMPLE TEXT:

My name is [X] and I'm a resident of [X].

Like tens of millions of other Americans, I have Long Covid. NIH funding for Long Covid research has run out, and there's still no approved treatment.

A recent commentary in the journal Nature called for a new commitment of at least one billion dollars per year for the next ten years for NIH research funding and clinical trials. I'm joining that call, and I hope you will too.

I have had Long Covid for [X] years and [X] months, and it has completely upended my life.

I can no longer [X activity X], which means that [X outcome X].

Many of us are too weak to leave our beds and can't work to support our families or contribute to society.

We have no approved treatments and little hope.

Can I count on Representative/Senator [NAME] to support people suffering with Long Covid?





CALL FOR YOUR LIFE

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