



CALLING GUIDE | NOV 14TH 3-5PM EST

COME TOGETHER TO CALL FOR ACTION FOR LONG COVID.

WHAT WE WANT:

- Invest in a moonshot for Long Covid – a commitment to invest at least \$1B per year over the next 10 years into NIH research funding and clinical trials.
- 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.

WHO SHOULD I CALL?

Find the name and number of your Members of Congress at congress.gov/members/find-your-member or call the Capitol Switchboard at 202-224-3121 and ask to be transferred to one of your Members of Congress.

WHAT HAPPENS WHEN I CALL?

- A staffer will answer the phone.
- Be brief, respectful, and to the point.
- Be clear about your messaging. Example on the next page!
- If you don't reach a live human, leave a voice message.
- 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 CAN, ADD A BRIEF PERSONAL STORY – FOR EXAMPLE:

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 no longer work, and I have lost my home.

Example: I can no longer drive my children to activities, which 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.

FOR EXTRA CREDIT, YOU COULD ADD:

[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 A LONG COVID ALLY?

My name is _____ and I'm one of Senator/Representative [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 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?



MOONSHOT FOR
LONG COVID

WHAT IF I WANT TO EMAIL RATHER THAN CALL?

<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.

Below is sample text that you can copy and paste! Be sure to customize the areas marked with [X].

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?

