



**CALL GUIDE**



# CALL FOR ACTION FOR LONG COVID!

## WE ARE CALLING OUR ELECTED REPS FOR:

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

## AND 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 and S.320)

## 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 hours, attention, call logging, and callbacks.

# START



# FINDING CONTACT DETAILS

## WHERE CAN I GET PHONE NUMBERS & EMAILS?

Find the name, telephone number, and email address of your Members of Congress at [www.congress.gov/members/find-your-member](http://www.congress.gov/members/find-your-member) or call the Capitol Switchboard at ☎ 1-202-224-3121 and ask for help finding your Congressperson's contact information.

## WHAT IF I DON'T HAVE A CONGRESS REP?

Residents of the District of Columbia, Puerto Rico, and other U.S. territories with limited representation in Congress could contact the White House's line for public comment at:

☎ 1-202-456-1111

☎ 1-202-456-6213 (TTY/TDD)

Find other representatives to contact here:

[www.usa.gov/elected-officials](http://www.usa.gov/elected-officials)

Write a message to the White House:

[www.whitehouse.gov/contact/](http://www.whitehouse.gov/contact/)

# I CAN DO THIS!

## WHAT HAPPENS WHEN YOU 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.

## THIS IS YOUR TIME & YOUR STORY.

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.**

LET'S  
GO 

# HELLO



## WHAT SHOULD I SAY? (SHORT VERSION)

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, can't work to support our families, and can't participate in community.

We have no approved treatments and little hope.

EVERY  
DAY





# **BONUS ASKS!**

## **LEGISLATION THAT COULD HELP LONG COVID PATIENTS:**

### **[For Senators]**

I also ask that Senator [NAME] support:

- **S.2560, the Long COVID Support Act**, which includes educating healthcare providers about Long Covid; and
- **S.320, the Stop the Wait Act**, a bill with bipartisan support that reduces barriers to approved SSDI recipients.

### **[For House Reps]**

I also ask that Representative [NAME] support:

- **HR 3258, the TREAT Long COVID Act**, which establishes & improves Long Covid clinics;
- **HR 1114, the Long COVID RECOVERY NOW Act**, which includes educating healthcare providers about Long Covid; and
- **HR 883, the Stop the Wait Act**, a bill with bipartisan support that reduces barriers to approved SSDI recipients.



# ALLIES APPRECIATED!

## WHAT CAN I SAY IF I'M AN ALLY?

My name is \_\_\_\_\_ and I'm one of  
Senator/Representative [NAME]'s constituents  
in \_\_\_\_\_ [LOCATION].

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.

*continued* >



Over 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?



### [BONUS ASKS FOR SENATORS]

I also ask that Senator [NAME] support:

- S.2560, the Long COVID Support Act, which includes educating healthcare providers about Long Covid; and
- S.320, the Stop the Wait Act, a bill with bipartisan support that reduces barriers to approved SSDI recipients.

### [BONUS ASKS FOR HOUSE REPS]

I also ask that Representative [NAME] support:

- HR 3258, the TREAT Long COVID Act, which establishes and improves Long Covid clinics;
- HR 1114, the Long COVID RECOVERY NOW Act, which includes educating healthcare providers on Long Covid; and
- HR 883, the Stop the Wait Act, a bill with bipartisan support that reduces barriers to approved SSDI recipients.





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