



COMMUNICATING WITH POLICY MAKERS

Members of Congress and your state represen

Depending on the level of their representation, most will list phone numbers for their office in Washington or your state capitol on their personal website.

Federal officials will also have an office in their home state.

Your call may be answered by a secretary, an aide, an intern or even the legislator. All can document your message and route it appropriately.

Draft a brief statement or outline of your key points before you make the call.

Otherwise, you may omit important information you wanted to convey.

Introduce yourself as a constituent and an occupational health nursing professional in your State/Congressional District.

Clearly identify the reason for your call; be sure to state the name and number of the specific bill you are referencing if legislation is pending. This information is
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