

# 10 Ways to Become Involved in Legislative Advocacy



## Meet face-to-face with your legislators.

1. Schedule an in-district visit with your U.S. Representative or U.S. Senator and/or their staff. Visit [PulmonaryFibrosis.org/Advocacy](https://www.pulmonaryfibrosis.org/advocacy) for 10 Steps to Planning a Legislative Advocacy Visit.
2. Attend a town hall in your area. Ask your Representative's or Senator's office when they will next be at a town hall or search online for town halls in your area.
3. Plan a Washington, D.C. visit to meet with the legislator/legislative staff. If you are able to visit D.C., contact the offices of your Senators and Representative to ask for meetings. Remember, meetings with staff are very valuable!
4. Attend an event where the legislator will be present. Follow your legislator on social media or research on their website for information about their upcoming events.
5. Invite your legislator to your special event or fundraiser. This is a great way to engage your Representative and Senators in the work you are doing.

## Face-to-face meetings are the most effective way to build relationships, but there are other important ways to follow up with your legislators.

6. Email your legislator with an update regarding the "ask" for the pulmonary fibrosis community. Go to [PulmonaryFibrosis.org/Advocacy](https://www.pulmonaryfibrosis.org/advocacy) for more information on "asks."
7. Email your official with pulmonary fibrosis statistics, other pertinent information from your district/state, and a brief summary of your connection with pulmonary fibrosis. Send a copy of the PF Fact Sheet, found at [PulmonaryFibrosis.org/Advocacy](https://www.pulmonaryfibrosis.org/advocacy).
8. Request a Proclamation for Pulmonary Fibrosis Awareness Month (September). This should be done in July to allow time for preparation. Visit [PulmonaryFibrosis.org/PF-Awareness](https://www.pulmonaryfibrosis.org/pf-awareness) for more information.
9. Attend local support group meetings to encourage members to join you in your advocacy efforts. Find a support group at [PulmonaryFibrosis.org/SupportGroups](https://www.pulmonaryfibrosis.org/supportgroups).
10. Post updates on social media that highlight the importance of advocacy issues related to pulmonary fibrosis.