

CONTACTING YOUR REPRESENTATIVES IN CONGRESS

Speak up! Your representatives really do listen. Surveys of congressional staffers have revealed that members of the House and Senate pay the most attention to correspondence sent by regular mail. Next, they pay more attention to phone calls, then emails, last: faxes.

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To send an email, look up each individual member at house.gov or senate.gov. There is an email contact form on each member's Website.