Thank you for considering a social media action in support for the ME/CFS community on ME/CFS International Awareness Day on Friday May 12, 2017. Your many constituents with ME/CFS would be so grateful if you tweeted and posted a message recognizing them on May 12. Below are some sample social media posts:

Sample posts:

- It was an honor to meet [patient’s name] from [City, state]. I join her & all with #MECFS to raise awareness of this awful disease.
- Today is Int’l #MECFS Awareness Day. 2.5 million Americans suffer with this awful disease. Learn more at [http://bit.ly/2qKcka8](http://bit.ly/2qKcka8)

Hashtags and tags:

- #MECFS
- #May12MECFSAwareness
- #CFS
- @PlzSolveCFS
- @MEActNet

Photos for use:

1) A photo with your constituents during their visit today