

# ME/CFS Advocacy Week Social Media Handbook

**ME/CFS Advocacy Day** is fast approaching on April 3, 2019! Hundreds of activists - people with ME, caretakers and allies - are heading for Capitol Hill next week to advocate for ME. Even though you may not be able to attend in person does not mean you cannot make a HUGE difference on the hill on April 3rd. In fact, your actions matter greatly!

There are two very important actions you can take on **April 3rd** to support this day!

- 1) **Call your elected officials on April 3rd (Here is the Call-In Action Handbook).**
- 2) **Share a photo (of you calling!) or share one of our graphics below!**

**To share a photo:** Take a selfie of you before or after you make your call to Capitol Hill (you don't have to do two things at once)..

Sample text: "I called Capitol Hill today from (insert city, state name) to tell them ME is an issue they need to care about! We need a resolution, funding, and support! Click here for the call script (insert link) #CongressFight4ME #StormDC4ME

FOR ALL OF YOUR SOCIAL MEDIA POSTS:

Main Hashtags to use:  
#CongressFight4ME #StormDC4ME

Additional Hashtags to use:  
#invisibleillness

#chronicillness

Organizations to tag:

Facebook: @MEActnet @SolveMECFSInitiative

Twitter: @plzsolveCFS @MEActnet

Instagram: @MEActnet @solve\_cfs

Images to share (and of course we encourage you to make your own or share that selfie!):



**Hundreds of advocates are heading for  
Capitol Hill on April 3rd, 2019.  
Let's reach more members of Congress  
than ever before!**

**Share your support today  
on social media!**

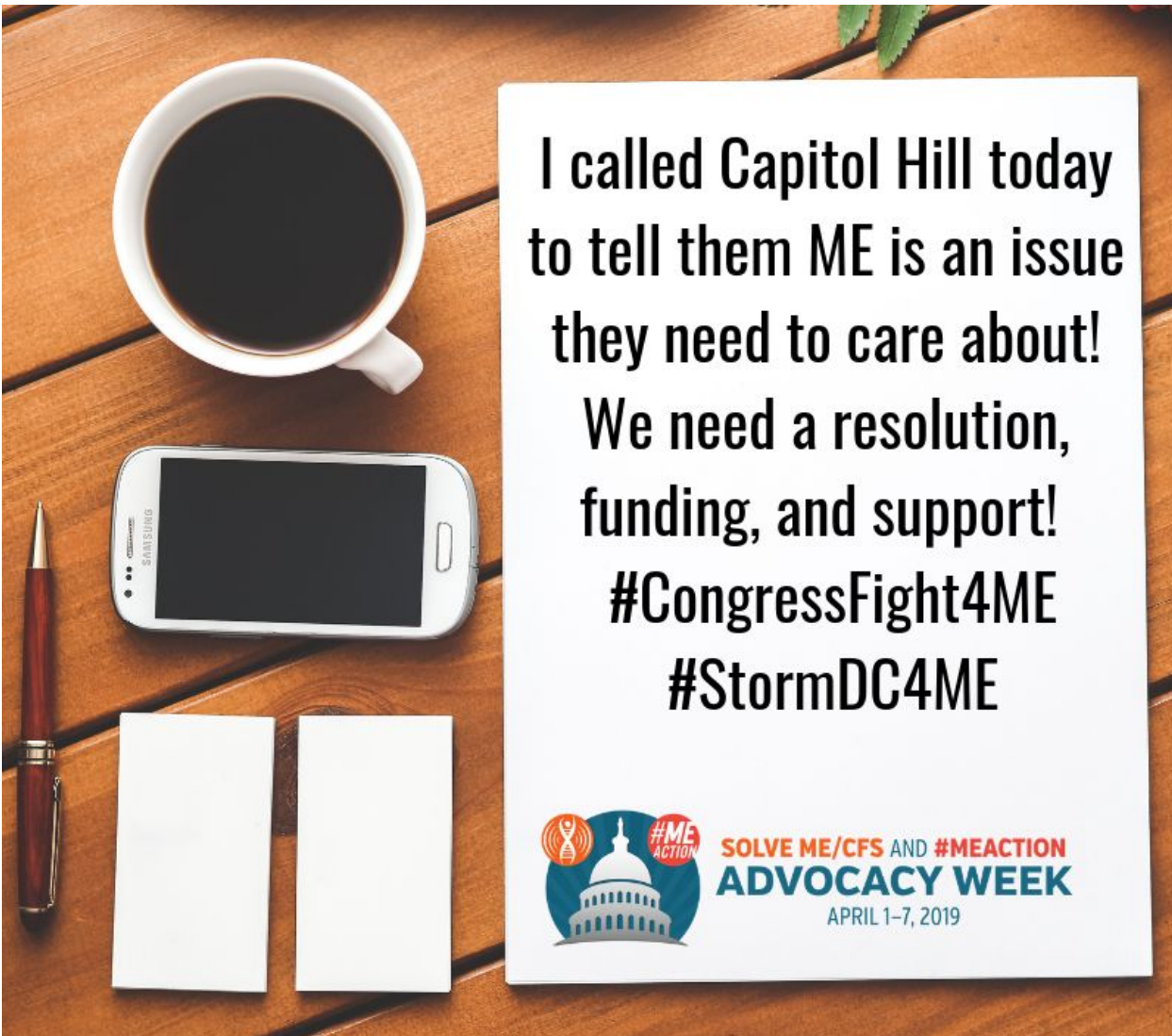


**#CongressFight4ME**

**#StormDC4ME**



**SOLVE ME/CFS AND #MEACTION  
ADVOCACY DAY  
APRIL 3, 2019 | WASHINGTON, DC**



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to tell them ME is an issue  
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SOLVE ME/CFS AND #MEACTION  
**ADVOCACY WEEK**  
APRIL 1-7, 2019

**Your turn! Call your member of Congress and tell  
them to Fight for ME!**

CONGRESS NEEDS TO  
HEAR YOU ON APRIL 3RD!

# MAKE THE CALL!



**SOLVE ME/CFS AND #MEACTION**  
**ADVOCACY DAY**  
APRIL 3, 2019 | WASHINGTON, DC



Artist credit Donni Lockridge

**Life with myalgic encephalomyelitis.  
We need research. We need  
awareness. Will you fight for ME?  
#CongressFight4ME**

