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
I called Capitol Hill today to tell them ME is an issue they need to care about!
We need a resolution, funding, and support!
#CongressFight4ME
#StormDC4ME

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!

#MEACTION

SOLVE ME/CFS AND #MEACTION

ADVOCACY DAY

APRIL 3, 2019 | WASHINGTON, DC
Life with myalgic encephalomyelitis. We need research. We need awareness. Will you fight for ME? #CongressFight4ME