

# THREE-MINUTE ADVOCACY

## Call Your Senators and Representative

01

**Look up your Senators on [Senate.gov](https://www.senate.gov) and your Representative on [House.gov](https://www.house.gov)**

Dial 202-22 and then the five digits listed for your Members of Congress

02

**If the voice mailbox is full, call your member's district office (found on member's website)**

03

**Leave a message asking for support for NIH**

"I'm a constituent and live in (town/city). I am sure this is a busy time, so I will be brief. NIH announced sudden cuts to grant reimbursement on Friday, February 7. These cuts would have devastating effects on health research, undermining progress that patients need and forcing job losses across the nation. Please ask the (Representative/Senator) to weigh in directly with the White House to stop these harmful funding cuts moving forward."

04

**Repeat with your other Members of Congress**