

# Communicate with Congress

Your voice and your opinions are powerful. Your Member of Congress is elected to represent your concerns. It's up to you to voice those concerns (politely!) and to make sure your voice is heard. If you take the time to convey your thoughts to your elected officials and follow up with them, your message will have a great impact.

You can communicate with your Members of Congress and congressional staff via email, letters, faxes, and calls. [Click here](#) to send your letter to Congress.

Please Sign Up for regular updates and we'll provide you with information on what is happening in EMS flight safety policy and when your help is critical. [Click here](#) for email updates.

**Email:** Send a message RIGHT NOW to support air medical safety legislation!

**Letters:** Never underestimate the power of the written word!

**Fax:** Since mail delivery to Capitol Hill has been previously disrupted, your best bet may be to fax. [Click here](#) for a list of FAX numbers for Senators and Representatives involved in air medical safety legislation.

**Phone:** Phone calls do make a difference, especially if you can rally the troops to call.

## Don't forget to keep safemedflight in the loop!

Send (mail, email, or fax) copies of your letters and faxes about air medical safety so we can keep track of your correspondence. This helps us coordinate efforts, and by knowing who is doing what and where, helps us to be more effective. [Click here to contact us.](#)

## Letters

Use the proper form of address:

The Honorable Jane Doe	The Honorable Jane Doe	U.S.
United States	House of Representatives	
Senate Washington, DC. 20510	Washington, DC. 20515	

Address the letter "Dear Senator/Representative Jane Doe." Be sure to include your address on the letter. Envelopes often get thrown away.

## Fax and Phone

To obtain the fax number and phone number of your Member, call the

Congressional Switchboard. The Senate can be reached at (202) 224-3121 and the House at (202) 225-3121. When faxing a letter, call the Member's office to follow up and confirm that the letter has been received. [Click here](#) to see a list of fax and phone numbers for members of Congress who oversee aviation policy for air medical transport.

### **Tips: Writing, Faxing or Emailing your Member of Congress**

- . **Be brief.** One or two paragraphs is sufficient. Write about only one issue in each letter (e.g., co-sponsoring H.R. 3939 or requiring cockpit data recorders on EMS aircraft). Refer to legislation by name and, when possible, by bill number (e.g. H.R. 3939 or S. 1300).
- . **Get to the point.** Start your first paragraph by stating who you are and what you are writing about. Support your position in the remainder of the letter. Use facts, information, and examples from your own experience. State how the issue is relevant to you.
- . **Offer information.** Be a resource for your legislator. Cite sources, such as safe air medical programs in your area, safemedflight, the National Transportation Safety Board, or the National EMS Memorial.
- . **Send local news clips on you and your issue.** Make it a habit to forward copies of local newspaper clippings and cite media coverage of air medical safety coverage. Attach a note reminding him/her of your position. Even if the Member is aware of the coverage, receiving a copy from a constituent serves as a reminder that voters are concerned about the issue.
- . **Ask questions.** If you have questions about your Member's position on your issue, ask. This may require your legislator or staff to look more closely at the issue in order to respond to your letter.
- . **Keep Safemedflight in the loop.** Send (mail, email, or fax) copies of your letters to [Safemedflight.org](http://Safemedflight.org), so we can keep track of your correspondence. This helps us coordinate efforts, and by knowing who is doing what and where, helps us to be more effective. [Click here for contact information.](#)

### **Tips: Calling your Congress Member**

Calls can be particularly important just before a vote in Congress. Calls to the Congressional District office are also important. **We will let you know what's happening on Capitol Hill and when your calls to Congress are critical.**

When making a call in response to a Safemedflight Call to Action, you should:

- . **Call the Congressional Switchboard.** Ask to be connected to your Member's office. To reach your Representative call (202) 225-3121, and for your Senators call (202) 224-3121.
- . **Speak to the legislative assistant (LA) in charge of aviation/transportation or medical/healthcare issues.** Usually, it is the health or transportation LA. Members of Congress will rarely be able to pick up the phone, so your best bet is to talk with a legislative assistant who may have time to talk to you.

- . **Introduce yourself.** Identify yourself as a constituent, an air medical safety advocate (family member, friend etc.), and state your affiliation with Safemedflight.
  - . **Be prepared with a clear message.** Get straight to the point (politely!) by telling the staff member who you are and why you are calling.
  - . **Give thanks!** If you know your Member of Congress has been supportive of air medical safety, make a point of thanking him/her for past support.
- State your connection.** If you have previously met with your Member of Congress don't hesitate to remind him/her or his/her staff of this information.