



**#PROTECT  
OURCARE**



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### Steps to making your postcard:

- Decide what you want your Member of Congress to know. You can use [our talking points](#), or write your own.
- Write your message on the postcard. You can print it out and then write it by hand, or type your message by using the fillable spaces on this PDF. If you type out your message, make sure it all fits on the postcard.
- Address your postcard to your Member of Congress. Put “Senator [their name]” or “Representative [their name]” on the first line, then the address of their office. You can find Congressional offices’ addresses at [contactingcongress.org](#).
- It helps to include your return address, so your Member of Congress’ office knows that you are a constituent. Remember not to share your address publicly: add this *after* you share your postcard on social media, or cover it up when you take a picture of your postcard.
- Print your postcard on sturdy paper, and cut off the part of the paper that has these instructions on it. Fold the postcard and glue or tape the two sides together. You can also print on regular printer paper and attach both sides to a piece of cardstock, if that is what you have available.
- Share your postcard with us! Take a picture of your postcard and use **#protectourcare** to share it on social media.