Note:
You should contact your state and local health director and/or the immunization program director to ask about any outbreaks or issues going on in your district, community, and/or state because these sorts of local examples will always be the most impactful. While they may not be able to share detailed information due to health laws, even anecdotes and examples highlighting local issues can be very helpful.

Visit
Meet with your state legislators or their staff to discuss the importance of vaccines. Contact the office ahead of time to make an appointment and utilize IDSA’s talking points when making your case. You can be pro-active to share your support for vaccines any time or reach out in response to specific proposals.

Call
Calling the office of your representative and speaking to their staff directly can have a major impact. All offices have a phone number – just dial and let them know you live in their district. Then use IDSA’s talking points.

Email
Send an email, introduce yourself as a constituent, and use IDSA’s talking points to make your case. If vaccine legislation is being considered in your state, let IDSA know. We can send an email action alert to every IDSA member in your state to encourage them to email their state legislators and/or the Governor to express support or opposition to the proposal. We count on you to be our eyes and ears on the ground.

Social Media
Many of your State representatives maintain twitter accounts. Tweeting at your representatives is an effective way to get their attention and build support for your case among other constituents.

#Hashtags are a great tool to help other twitter users find your tweet and join in to support your cause. Some #hashtags you can use are:

#Vaccines
#Vaccinations
#VaccinesNow
#GetVaccinated
#VaccinesWork
#FightFlu

Many organizations also maintain Twitter accounts. Following these accounts can help keep you up-to-date on the vaccine policy issues occurring in your state. Some organizations to follow are:
- Vaccinate your Family (@VaxYourFam)
- CDC Flu (@CDCFlu)
- World Coalition on Adult Vaccination (@vaccines4life)
- Voices for Vaccines (@Voices4Vaccines)

Traditional Media
Use IDSA talking points to develop op-ed pieces or letters to the editor for your local newspapers. This is a great way to get policymakers’ attention and build support among others in your community. This approach can be particularly successful when vaccine legislation is being considered, when an outbreak is occurring, or when vaccine issues are otherwise already in the news. Check your newspaper’s website for guidelines on submitting op-ed pieces or letters to the editor, and please send your press clippings to IDSA so we can help promote your efforts.