Submitting a letter to your congressman:

Step one, identify your congressman:

- Easy way to identify your member of congress is on the Govtrack.us website in this link.
  - Select the “member of congress” icon (Red Arrow)

- Enter your Zip Code (Red Arrow)
- Select your Senator and/or Representative (Red Arrow):

Choose “Contact Him” icon (Red Arrow, which will re-direct you to the congressman’s website:)

![Contact Him](https://example.com/contact-senator.jpg)
- Select “Contact” your congressman (Red Arrow):
- Please be aware the “contact” location may vary, depending on the congressional representative’s website design.

Some federal lawmakers’ websites require your four-digit zip code extension. The extension can be found on the USPS website in this link.
• Complete contact form, copy/paste Form letter into dialogue box (Red Arrow) and submit. (example below).