

Format Guide and Tips for Contacting Legislators

Thank you for your interest in reaching out to your legislators on this important topic. It is more important than ever to participate in the legislative process.

In this document you will find a helpful guide to finding your legislators, how to contact them, how to draft an effective email, what topics to absolutely avoid, and which topics you should select from to write about.

To begin with, it is important to know who your representatives are. Everyone has two, a House Rep and a Senator.

You can look up your representative at:

<http://legislature.maine.gov/house/house/MemberProfiles/ListAlphaTown>

You can look up your senator at:

<https://legislature.maine.gov/senate-home-page/find-your-state-senator>

When making contact with a legislator it is important to do so respectfully and professionally. Here are some guidelines to help you along the way.

Do's and Don'ts

- Decide on the main idea you want to express.
- Pick no more than three points that you want them to understand.
- Respectfully describe your point of view without being dramatic or inflammatory.
- Pull your ideas from your own reality. Avoid hypothetical situations.
- Express how this rule change will affect you and your family.
- If you are using data, ensure that it is correct and credible. Include a link to the source of your data. Or state facts of first hand knowledge.
- Don't assume your legislator understands your context, your experience is unique to you.
- Use language that is concrete and literal.
- Try to maintain a maximum three paragraphs- NO MORE than ONE page
- Address your legislator with their appropriate title: Representative XX or Senator XX
- Close your email by asking your legislator to take action on this egregious rule.
- Have at least one person proofread your email to check for typos

Off Topic Talking Points

It is important to remember, there is immense pressure coming from the top down. The news cycles are filled with propagated stories, designed to sell control and this product. It is so imperative to avoid getting into a vaccine debate. Regardless of what kind of information, studies, or ideas you have, people can not even hear us right now. If you get into one of these debates, you will lose your audience. We understand that some of the following are topics that we frequently find ourselves wanting to discuss, however these subjects have historically been exhausted and have not achieved any positive outcome. You absolutely will lose your audience regardless of how well you make your case.

1. Do not discuss Vaccine Safety, or Vaccine Injury
2. Do not discuss the Emergency Use Authorization
3. Do not discuss the Vaccine Schedule
4. Do not discuss Vaccine Ingredients
5. Do not discuss VAERS
6. Do not discuss covid treatments
7. Do not discuss the pandemic response

Talking Points:

It is important to approach an employer or legislator with a clear outline of what points that you want to make. Those points should be clear, and to the point. In this section we have identified a list of the best points to make to legislators. Pick any or a couple of the following topics to discuss with your legislators.

1. Medical Freedom: Medical Freedom and Informed Consent are and have always been the core argument in this fight.

The official definition of Informed Consent is:

Permission granted in the knowledge of the possible consequences, typically that which is given by a patient to a doctor for treatment with full knowledge of the possible risks and benefits.

As healthcare employees, it is not, nor has it ever been your job to make the decision for a patient. It has always been your job to lay out the options, the risks and benefits, and allow each patient to make their own decision.

2. **Bodily Autonomy:** Bodily Autonomy is the fundamental core of a free society. If you do not have control over your body and what goes into it, you do not have control. It is as simple as this, and this should not even be a controversial stance. The entire argument in *Roe v. Wade* was based on Bodily Autonomy, and each individual having the authority to decide for themselves what can be done with their body.

Bodily Autonomy is defined as: the right for a person to govern what happens to their body, without external influence or coercion.

3. **Medical Privacy:** Medical Privacy is such an important right, that it is actually one of the few rights that even incarcerated individuals maintain during incarceration. The current rule change is allowing employers to trample Medical Privacy, by allowing them to not only challenge decisions of other MDs by denying medical exemptions, but some have gone as far as to demand the employees medical records.
4. **Historical Context:** History has too often shown us that hindsight is 20/20. While it can be important to balance public health with civil rights, it is not however something that we want to risk getting so wrong, that we create another historical tragedy. There is a reason that we have the Nuremberg code. However, even beyond this, there are examples all throughout of horrific tragedies, misguided mistakes, and bad policy that began with the best of intentions. Some examples of this include- The Anthrax Vaccine, to which there are still soldiers alive today suffering; Thalidomide; Swine Flu Vaccine, ect. Regardless of how advanced our understanding is of science and technology, we do not know what we do not know. At one point in history, the official advice from the College of Physicians to prevent plague, was to spread rose petals around the floor. We may look at this today and scoff, however at the time this was cutting edge science. I wonder what sorts of treatments we are using now, will be scoffed at in the future?
5. **How Will This Mandate Affect You, and your family:** No one knows your story better than you, and nothing paints a more complete picture than when legislators hear these stories. Different aspects of this are listed below:
 - a. Financial Impact
 - b. How will this impact your health
 - c. What will this do to your family
 - d. What are your credentials, how much time and money did you put into your career, and what would a career change look like.

6. Your last 18 months treating covid, being named a hero, and now being blackmailed essentially, to take a for-profit product or be fired.
7. For years we have heard the government, the television, and everyone else repeating over and again "Trust the medical professionals"- Yet now they dont trust you to even make your own decisions. How does that feel?

On behalf of the state organizations that have partnered with you in this effort, we would like to say that we see you. We have been in your shoes, and we are with you. This may seem impossible, and while it is an uphill battle, you are not alone. Do not lose faith, hope, or the belief that we will prevail.