**SAMPLE TWEETS**

- Support @NIH funding! Add your voice by contacting Congress at www.rallyformedicalresearch.org #RallyMedRes
- Research means hope! Join #RallyMedRes from anywhere in the US by participating in the National Day of Action at www.rallyformedicalresearch.org
- Thanks [@CongressMember] for the virtual #RallyMedRes meeting today! Grateful to have your support for @NIH funding #FundNIH #RallyMedRes
- Good meeting with [@CongressMember]’s staff today & great opportunity to talk about impact of @NIH funding #FundNIH #RallyMedRes
- Finishing up a day of #RallyMedRes meetings. You can still help support @NIH funding www.rallyformedicalresearch.org #FundNIH

**Photo Guidelines**

- Try to include a photo with each tweet. Tweets with images receive 150% more retweets than those without!
- Photos should be horizontal/landscape in order to display properly on Twitter.
- Mention the Congress member’s handle in the tweet. Some Congress members can also be tagged in the photo.
- You can share a photo of yourself with your “I Rally for” sign! If you have a video conference, you can share a screenshot of your meeting. Just ask the Member of staffer if it’s okay to post.

**Hill Visit Do’s & Don’ts**

**DO:** Thank the Congress members and staff on Twitter or their official Facebook

**DON’T:** Selectively thank some offices but not others.

**DO:** Ask the Member or staffer if it's okay to share a screenshot of your meeting.

**DON’T:** Record any of your meetings.

**DO:** Take photos and post tweets throughout the day to capture the overall experience.

**DON’T:** Tweet or check social media during a meeting.

**DO:** Encourage followers and Facebook friends to join the National Day of Action by contacting their members of Congress.