

Contacting Legislators via text message:

1. It is easy and accomplishable within 2 minutes.
2. Via phone text **50409**
3. Via FB messenger or Telegram text **RESIST**
4. From there it walks you through the simple process.
5. Tell your legislator that you are a Nurse (or professional title) and that you want them to support

The Nurse Staffing Standards for Hospital Patient Safety and Quality Care Act of 2021.

6. When texting a Senator you will want to use bill number **S. 1567**
7. When texting a House of Representative you will want to use **H.R. 3165**

Good Luck!!!!