TAKING ACTION

Your voice really can make a difference!

SEND AN EMAIL
Let your elected officials know you want to work with them on issues that support people with psoriatic diseases.

MAKE A CALL
Let them know where you stand on issues of importance to the psoriatic disease community.

SCHEDULE A MEETING
Every elected official has a local office. This is a chance to reach your members of Congress on your home turf!

SUBMIT A LETTER TO THE EDITOR
Submit a letter that should be in the news, like psoriasis! A letter to the editor is an effective way to raise awareness in your local community about psoriatic diseases.

USE SOCIAL MEDIA TO SPREAD THE WORD
Use social media to advance awareness about psoriasis. Send a Twitter message or post a “call to action” about psoriasis on your Facebook page. Social media is a great platform to thank your members of Congress for their support.

VIDEO
Use your smart phone or camera to record a testimonial about psoriasis or psoriatic arthritis. Post it on YouTube and send an e-mail or Twitter message to let people know about it.

Remember: The National Psoriasis Foundation will help you with everything from scheduling a meeting to writing a letter to the editor, to submitting a proclamation! All you have to do is call 503.546.8407, email action@psoriasis.org or look for additional information at www.psoriasis.org/advocacy.