

## Contacting Your Legislators

*When contacting your federal legislators, you are under no obligation to provide any personally identifiable information. You may be asked for your name and ZIP code to confirm you are a constituent; providing this information is voluntary, but may be necessary for your comment to be recorded and shared with the legislator. Nobody is required to provide any additional information, such as their full address, Social Security number, or immigration status, unless to request specific assistance with casework at a federal agency.*

### What Can Your Legislators Do for You?

There are a several ways your legislators in Congress can provide assistance:

- Introduce or co-sponsor legislation to change an existing federal law or create a new one.
- Vote for or against legislation being considered by a committee they serve on.
- Vote for or against legislation being considered on the floor of the U.S. House or U.S. Senate.
- Send a letter to a federal agency about a concern you may have with a particular agency.
- Send a letter to an influential member of Congress, such as a Committee chair or a member of the leadership, about a particular issue you may care about.

### What is Your Issue and Your Objective?

- Before contacting your legislator(s), develop a clear understanding of what you hope to convey and what you want to accomplish.
- Be concise and specific. Have a clear “ask” – something specific you’ll be asking the legislator to do.
- When possible, discuss the issue from a personal perspective – sharing your own experience or that of a family member or friend is especially powerful.
- When possible, share data about the economic impact a policy would have on the district or state.
- Thank your legislator for their support. Acknowledge any previous efforts made by your legislator on the issue you are interested in.

For more information on contacting your legislator, review [this guide](#) by UC Federal Governmental Relations.

### Who are Your Legislators in Congress?

- California has two U.S. Senators who represent the entire state, and San Diego County has five U.S. House Representatives. Use the House website ([www.house.gov](http://www.house.gov)) to identify your Representative. For issues specific to UC San Diego, contact Rep. Scott Peters.

**Senator Dianne Feinstein (D-CA)**

<https://www.feinstein.senate.gov/>

✉ [E-mail](#)

☎ (619) 231-9712 | (202) 224-3841

**Senator Alex Padilla (D-CA)**

<https://www.padilla.senate.gov/>

✉ [E-mail](#)

☎ (619) 239-3884 | (202) 224-3553

**Rep. Darrell Issa (R-CA-48)**

<https://issa.house.gov/>

✉ [E-mail](#)

☎ (760) 593-6116 | (202) 225-5672

**Rep. Mike Levin (D-CA-49)**

<https://mikelevin.house.gov/>

✉ [E-mail](#)

☎ (760) 599-5000 | (202) 225-3906

**Rep. Scott Peters** (D-CA-50)

<https://scottpeters.house.gov/>

✉ [E-mail](#)

☎ (858) 455-5550 | (202) 225-0508

**Rep. Sara Jacobs** (D-CA-51)

<https://sarajacobs.house.gov/>

✉ [E-mail](#)

☎ (619) 280-5353 | (202) 225-2948

**Rep. Juan Vargas** (D-CA-52)

<https://vargas.house.gov/>

✉ [E-mail](#)

☎ (619) 422-5963 | (202) 225-8045

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