Contacting Your Legislators

When contacting your legislator, individuals are under no obligation to provide any personally identifiable information to a Member of Congress or their staff. Individuals may be asked for their name and zip code, but this is only to confirm that the person is a constituent, and providing this information is voluntary. No one is required to provide any additional information, such as address, social security number, or immigration status.

What Can Your Legislators Do for You?
There are 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 the Committee she or he serves on.
- Vote for or against legislation being considered on the House or Senate floor.
- Send a letter to a federal agency about a concern you may have with a particular agency action.
- 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, 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 her or his support. Acknowledge any efforts made by your legislator regarding the issue of interest.

For more information on contacting your legislator, review this guide by UC Federal Governmental Relations. You may email or call your legislator’s office.

Who are Your Legislators in Congress?

- California has two Senators, and San Diego County typically has five House Representatives. Use the House website (www.house.gov) to identify your Representative.
  - Senator Dianne Feinstein (D) [website]
    - https://www.feinstein.senate.gov/public/index.cfm/e-mail-me
    - (619) 231-9712 | (202) 224-3841
  - Senator Kamala Harris (D) [website]
    - https://www.harris.senate.gov/contact/email
    - (619) 239-3884 | (202) 224-3553
  - Rep. Mike Levin (D) [website]
    - District: CA-49 (includes Oceanside, Carlsbad, Encinitas, Del Mar)
    - https://mikelevin.house.gov/contact
(760) 599-5000 | (202) 225-3906

- Rep. Juan Vargas (D) [website]
  District: CA-50 (includes National City, Chula Vista, Imperial Beach)
  💌 https://vargas.house.gov/contact
  📞 (619) 422-5963 | (202) 225-8045

- Vacant
  District: CA-50 (includes Santee, Ramona, Alpine)

- Rep. Scott Peters (D) [website]
  District: CA-52 (includes La Jolla, Downtown, Point Loma, Poway)
  💌 https://scottpeters.house.gov/contact
  📞 (858) 455-5550 | (202) 225-0508

- Rep. Susan Davis (D) [website]
  District: CA-53 (includes Hillcrest, Mission Valley, La Mesa, Spring Valley)
  💌 https://susandavis.house.gov/contact/
  📞 (619) 280-5353 | (202) 225-2040

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