

Ways to Take Action Against the Trump Budget

- Send an email to your Senators and Representative by clicking [here](#)
- You can also [check out CBPP's toolkit for responding to the President's budget](#), which includes talking points, graphics, sample social media posts, and suggestions for how to continue your activities throughout the congressional recess Feb. 17-25.
- Use the Center for American Progress #HandsOff Social Media Toolkit [here](#)
- Insert your Senators' and Reps' Twitter Handles – here's how to find them:
 - [Find Your Senators' Twitter Handles](#)
 - [Find Your Representative's Twitter Handle](#)
- Find events at <https://Resistancenearme.org>
- Use Families USA's suggestions for recess activities and social media:

Take Action during President's Day Recess: February 19-23, 2018

President's Day Recess is the first week-long recess of the year, making it a great time to check in with your members to let them know you are holding them accountable for their actions on health care in 2018!

Use our resources to talk to your lawmakers about health care

[Guide to meeting directly with your Member of Congress](#): Face-to-face meetings with your representative or senators are among the most powerful ways to educate them about how proposed legislation will affect you. This guide outlines how to make meetings happen and how to make them effective.

[Gif to share](#): Share this gif to spread the word about President Trump's harmful agenda for America's health care as expressed through his recently released 2019 budget.

[Tag your senators on Twitter](#): Tag your senators in a tweet asking them to protect the health coverage of their constituents.

- [Senator, Who Will Lose Medicaid Coverage First?](#)
- [5 Facts about Medicaid](#)