

# VIRTUAL ADVOCACY

## Best Practices, Tips, and Reminders

The COVID pandemic changed many of the ways we advocate at the capitol. Here are some tips and tricks for meeting with legislators virtually that will ensure a positive and successful day:

### 1. Log-In Early

Get into your Zoom meeting a few minutes before it's scheduled to start to make sure you have plenty of time to fix any unexpected technical problems.

### 2. Take a Screenshot Of Your Meeting

Legislators love when you share meeting photos on social media. Remember to ask permission to take their photo and let them know when you're about to do the screenshot so everyone is ready.

- Screenshot on Windows: Press and hold **Windows Key + Shift + S**
- Screenshot on Mac: Press and hold **Command + Shift + 3**

After your meetings remember to share your photos (see the Advocacy Next Steps sheet) and please share with our team by emailing photos to [elizabeth@epilepsyct.com](mailto:elizabeth@epilepsyct.com) to be shared on our social media accounts.

### 3. Plug-In Your Device

Zoom and other video platforms take up a lot of battery life. During your meetings make sure to have your laptop, tablet, or phone plugged-in and charging.

### 4. Face the Light

Your legislators want to see you so please plan to position yourself in a way that lets them see your face. This can be near indoor lighting or in front of a window if it's a sunny day.

