



## **Step 1 Find the Congressman/Congresswoman in the U.S. House of Representative's for your District**

**Go Online - [www.Congress.org](http://www.Congress.org)**

**Easy resource to find the name of your representative and their Washington, DC contact information including phone and fax. Simply click on OFFICIALS, enter your zip code and address.**

## **Step 2 Tell your Congressman/Congresswoman**

**When you phone/fax, please include your name, address and phone number. (See recommended message below)**

## **Step 3 Contact Congressman Shadegg**

**When you phone/fax, please include your name, address and phone number. (See recommended message below)**

**Congressman Shadegg is the Ranking Member on the House Energy and Commerce Subcommittee on Environment and Hazardous Materials**

**Phone: (202) 225-3641**

**Fax: (202) 225-1919**

## **Step 4 FAX your letter to ADAO at (703) 250-3592**

### **Recommended Congressional Message:**

We urge you to support the House Energy and Commerce Subcommittee on Environment and Hazardous Materials "Committee Print" to ban asbestos. Scientists and doctor's agree: asbestos is a human carcinogen and there is no safe level.

Include your contact information: Name, Address and Phone