

# How to contact your legislators

## ***By E-mail***

Go to the ISEA Web site at [www.isea.org](http://www.isea.org) and click on the At the Capitol tab. Next, click on the “Contact your legislator” link on the left side of the page and type your zip code in the box provided to get contact information and e-mail links for your legislators and for the Governor.

## ***By Phone***

While most legislators don’t have direct phone numbers, or even offices, you can call either the House or Senate switchboard number and leave a message.

**Governor: 515-281-5211**

**Iowa Senate: 515-281-3371**

**Iowa House: 515-281-3221**

## ***By Mail***

Individual personalized letters, rather than mass-generated form letters, generally make a greater impression on your legislator. It’s important that you clearly state your points and be polite, yet firm, in your tone. Make sure that you include your name, address, and phone number!

**The Honorable Gov. Chet Culver  
Iowa State Capitol  
Des Moines, IA 50319**

**The Honorable (*name*)  
Iowa Senate  
Iowa State Capitol  
Des Moines, IA 50319**

**The Honorable (*name*)  
House of Representatives  
Iowa State Capitol  
Des Moines, IA 50319**

