

# HOW TO FIND MY U.S. LEGISLATORS

[ASL Video of How to Find my U.S. Legislators](#) ➡



**1. Visit [www.congress.gov/members/find-your-member](http://www.congress.gov/members/find-your-member)**

**2. At the top middle of the page, under 'How to Contact Your Member' enter your address and click the magnifying glass**

**3. Scroll down to see your Congress members and their contact information**

## **To Learn What Legislation they are working on...**

- Click their name and scroll down the page
- For more specific searches, you can also use [www.govtrack.us](http://www.govtrack.us), to find comprehensive information about legislators and their voting records.

