



# How to Find Your State Representative or Senator on the Louisiana Legislature Website

1. Type in [www.legis.la.gov](http://www.legis.la.gov) in the search bar of your web browser.
2. Click on “Who Are My Legislators?” on the left side of the screen (under “About the Legislature”).



3. Type in your address, city and zip code. Then, click on the “Find” button.

A screenshot of a web form titled "YOUR LOUISIANA AND U.S. LEGISLATORS". The form includes a note: "Note: In using this service, the address you enter will be transmitted to Google for geocoding. For information about Google's data protection practices, please read Google's privacy policy at http://www.google.com/privacy.html". Below the note, there is a section labeled "Enter your LA address information:" with three input fields: "Address:", "City:", and "Zip Code:". A "Find" button is located below the "Zip Code" field.

4. A list of the state representatives and senators, as well as federal legislators, will appear. Click on their names to be redirected to their contact information page. On this page, you should find their mailing address, phone number and email address.