# The National CONSUMER VOICE for Quality Long-Term Care

## **ADVOCACY TOOLKIT**

### **Basic Elements of a Press Release**

#### 1. When the release can be distributed

Usually this says, "FOR IMMEDIATE RELEASE."

#### 2. Contact Information

- a. Name of Contact Person
- b. Phone Number
- c. Email address

#### 3. Title

Create an eye-catching headline. Think of your headline as a one-sentence summary of your entire story. It should tell the readers what your story is about but leave them wanting to know more.

#### 4. First Paragraph

This paragraph must capture the news, who is involved and why it is important to readers. Your very first sentence is the most important of all – often called the "hook" or the "lead." If your "lead" is boring, an editor is likely to put it into the recycle bin.

#### 5. Middle Paragraph(s): 1-3 Paragraphs

One paragraph should include a quote. Make the quote its own paragraph. Other paragraphs should include further details.

#### 6. Last Paragraph: Wrap-up

#### 7. Information about your organization and contact information

Provide a 1-2 sentence description of your organization, followed by your contact person's name, phone number and email.

#### 8. Hash marks (#)

Center 3 hash marks at the end of the release.

#### **TIPS**

- Your press release should not be more than one page.
- Your paragraphs should be written in descending order of importance.
- Don't exaggerate or voice opinions (except in a quote).

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