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| The United States Election Assistance Commission logo | U.S. Election Assistance Commission  Scripts for the **Be Election Ready: Video Guides for Voters** Series (30 Seconds) |

## Video 3: Voting by Mail

Voting by mail is one way eligible voters can cast their ballot safely and securely.

Some states require a reason to vote by mail. While in many states you can request a ballot by mail for any or no reason at all.

Check with your state or local election office to ensure you’re eligible and learn how to request a ballot.

Once you’ve completed your ballot be sure to return it on time.

The US Postal Service recommends mailing it back at least 7 days before your state’s deadline.

For more information, visit EAC.gov.