



### Here's how:

Voters can request a Federal Post Card Application (FPCA) online through the Federal Voting Assistance Program. You should complete the application and return it to their local election office to ensure that you receive an absentee ballot at least 30 days before your state or general election.

1. Visit [www.FVAP.gov](http://www.FVAP.gov) and select your state

If you have never lived in the states, but hold American citizenship, click [here](#) to see if you are eligible to vote from your parents' last state of residence.

2. Complete the Federal Post Card Application in order to request your ballot.

You must follow your state's instructions on how to complete and return the FPCA. Some states allow you to e-mail or fax the completed version while others require you to return it by mail.

The FPCA that you download, complete and return will look like this:

**Voter Registration and Absentee Ballot Request  
Federal Post Card Application (FPCA)**

For absent Uniformed Service members, their families, and citizens residing outside the U.S. Please print in black ink.

**Classification**  
Make only 1 selection.  
(In most States, you must be absent from your voting district to use this form).

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I request an absentee ballot for all elections in which I am eligible to vote **AND**:

☐ I am a member of the Uniformed Services or Merchant Marine on active duty **OR** ☐ I am an eligible spouse or dependent.

☐ I am an activated National Guard member on State orders.

☐ I am a U.S. citizen residing outside the United States, and I intend to return.

☐ I am a U.S. citizen residing outside the United States, and my return is not certain.

☐ I am a U.S. citizen and have never resided in the United States.

**Political party** 2 Your State may require you to specify a political party to vote in primary elections:

**Legal name** 3

Last name  Suffix

First name  Middle name

3. You should receive your ballot at least 30 days before your state or general election.

This can be sent to you by post or e-mail, based on what was requested when you completed your FPCA.

4. When you receive your ballot, you should vote, sign and return it to your election office in the United States.

Some states allow you to e-mail or fax your voted ballot while others require you to return it by mail. In order to vote in the general election, you must vote by **October 15<sup>th</sup>** in order for your voted ballot to arrive in time by Election Day on November 8<sup>th</sup>. Deadlines for the state primaries can be found [here](#).

Many states also allow you to follow up and check the status of your voted ballot through your state's office of the Secretary of State.