



## Scam Safety Checklist

Stop • Verify • Protect

### Before you act, pause and check

- Was the contact **unexpected**?
- Is there **pressure to act immediately**?
- Are you being told to **keep it secret**?
- Is payment requested via **gift cards, wire transfer, crypto, or cash**?
- Are they asking for **passwords, codes, or remote computer access**?
- Does the story create **fear, urgency, or emotional distress**?

### If you checked ANY of these — STOP.

### How to verify safely

- Hang up or close the message
- Contact the company or person using a **trusted phone number**
- Ask a family member or trusted friend before taking action
- Search online for the message or phone number with the word “scam”
- Take time — **legitimate requests do not expire immediately**

### Never do these things

- Send money to someone you don't know
- Pay with gift cards, cryptocurrency, or wire transfers
- Share one-time passcodes or verification codes
- Allow remote access to your computer
- Click links or scan QR codes from unexpected messages
- Trust caller ID or email names alone

### If you think you've been scammed

- Stop communicating with the scammer
- Contact your **bank or credit card company immediately**
- Change passwords on affected accounts

- Enable multi-factor authentication
- Save messages, receipts, and screenshots
- Report the scam at **reportfraud.ftc.gov**
- Tell a trusted family member or caregiver

**Everyday protection tips**

- Let unknown calls go to voicemail
- Keep personal information private
- Use spam filters and call-blocking tools
- Review bank and credit statements regularly
- Have a “trusted contact” for financial decisions

**Real organizations do not rush you, threaten you, or demand secrecy.**

When in doubt, slow down and ask for help.