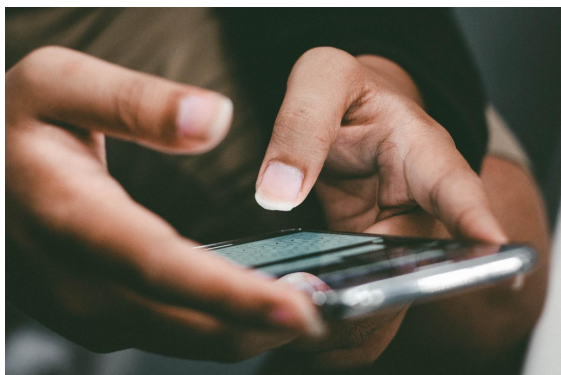


## Cybersecurity Corner

Spam texts, emails, and junk mail are a constant nuisance. Scammers send phishing texts and emails that look real to trick you into giving them your personal or financial information. Or legit companies may send you advertisements that you don't want, and they pile up quickly. But there are ways to help cut down on spam texts and emails.

- **Use filters.** Check if your cell phone has options to filter or block texts from unknown senders. Some call blocking apps can help block unwanted messages. Many email providers have strong spam filters turned on by default. But if any spam gets into your inbox, mark it as spam or junk.
- **Unsubscribe from unwanted emails.** Getting fewer unwanted emails can help you avoid clicking on links that can lead to phishing attacks.
- **Report unwanted messages.** Unwanted messages often lead to scams. Report them. Use your phone's "report junk" option or forward unwanted texts to **7726 (SPAM)** and unwanted emails to your email provider.



For more information from the Federal Trade Commission regarding dealing with spam texts and emails, click below.

[Read More](#)



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