



## *Predator Awareness Task Force*



### **How Do I Get on the Do Not Call List?**

Do people call your phone and try to sell things to you?

The National Do Not Call Registry can help limit the number of telemarketing (sales) calls you get on your phone. Follow these steps, or ask a friend, family member, or staff person to help you.

**There are two ways to get on the list. Pick the one that works for you:**

◆ **By Telephone** (you must call from the phone you are registering):

1. Call **1-888-382-1222** (TTY is 1-866-290-4236)
2. Push “1” for English or “2” for Spanish
3. Push “1” to register your phone number
4. You will be asked to enter your phone number, with the area code first.
5. Make sure to call for all of your phone numbers, like your home phone and cell phone.
6. Remember, if you change your phone number, you need to register again.
7. You are done!

◆ **On the Internet** (you must have an email address to register this way):

1. Go to <http://www.donotcall.gov>
2. Click on the box that says “Register Now”
3. Enter the following information in the boxes provided:
  - a. Your telephone numbers (you can put up to three)
  - b. Your email address. You have to type the same email address two times, so that they can send you an email to confirm that you want to be on the list.
4. Click on the box that says “Submit”
5. Go to your email
6. Open the message from [Register@donotcall.gov](mailto:Register@donotcall.gov)
7. Click on the link in that email.
8. You are done!

**Even if you follow these steps, you might still get some sales calls. If you get phone calls you do not want, tell the person to put you on their “DO NOT CALL LIST” and they must stop calling yo**