MetTel
connect SMARTER.

SUGGESTIONS FOR MITIGATING UNWANTED CALLS

1. **Utilize Caller ID and don't answer calls from unknown numbers. If you don't recognize the number, let it go to voicemail.**
    - Legitimate calls will leave a message.
    - Answering (even briefly) unknown numbers can confirm your number is active, potentially leading to more calls.

2. **Register on the National Do No Call Registry**
    - Add your phone number at: https://www.donotcall.gov

3. **Report Robocalls**
    - You can file complaints with:
        - Federal Trade Commission: https://www.ftc.gov/complaint
        - Federal Communications Commission https://www.fcc.gov/consumers/guides/filing-informal-complaint

4. **Be cautious when sharing your phone number**
    - Avoid sharing your phone number online or with unfamiliar organizations. When signing up for services, read the privacy policy to understand how your information will be used.