

- **Federal Communications Commission.** Information about your telecommunications privacy rights and how to report violations, (888) 225-5322, <http://www.fcc.gov/cib>.
- **Federal Trade Commission.** Information about your “Do Not Call” and other privacy rights under federal law and how to report violations, (877) 382-4357, <http://www.ftc.gov/>.
- **Health Privacy Project.** Information about your medical privacy rights, <http://www.healthprivacy.org/>.
- **Privacy Rights Clearinghouse.** Information about how to protect the privacy of your telephone, mail, and email, your financial privacy rights, and identity theft, <http://www.privacyrights.org/>.
- **Privacy Rights Now.** Information about how to protect your financial privacy and form letter, <http://www.privacyrightsnow.org/>.
- **Junkbusters.** Information about how to protect your privacy and form letters, <http://www.junkbusters.com/>.



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Social Conscience.
Join the League Today

Founded in 1899, the National Consumers League is America’s pioneer consumer organization. Our mission is to identify, protect, represent, and advance the economic and social interests of consumers and workers.

NCL is your advocate when it comes to many consumer issues, including: Internet fraud, health care, sweatshops, e-commerce, migrant farmwork, electricity deregulation, consumer education, and financial services.

Your \$20 annual membership shows how much you care about educating consumers—especially those who are most vulnerable—and strengthening consumer protections to meet the challenges of today’s marketplace.

Members receive the bimonthly NCL Bulletin, discounted and free publications, reduced conference registration, and a voice in determining NCL’s priorities.

Log on to www.nclnet.org or call 202-835-3323 to join today!

National Consumers League
1701 K Street, NW, Suite 1200
Washington, DC 20006

email: info@nclnet.org · Web: www.nclnet.org
501 (c)(3) nonprofit membership organization.



STOP
calling me!



Tips to Remove Your Name from
Marketing Lists from the
National Consumers League



www.nclnet.org/privacy

- **Don't provide information that isn't necessary for the transaction.** Don't just fill in the blanks without thinking about whether you want to limit the information you supply.
- **Be anonymous.** Consider using online tools and fictitious names in situations where your real identity isn't needed and there is no other option to avoid getting on marketing lists.
- **Think twice before entering contests.** Entry forms are often used to build marketing lists.
- **Know the privacy policy.** If you don't see anything about what personal information companies collect and how they use it, ask.
- **Understand your privacy choices.** If there is no privacy policy or it doesn't allow you to avoid unwanted marketing, take your business elsewhere.
- **Know when your personal information is being collected.** Be aware of Automatic Number Identification and other ways that your information may be collected and tell the company if you don't want to be put on a marketing list.
- **Understand that unlisted and unpublished phone numbers don't guaranty privacy.** Marketers may get your number if

you've given it to others or they may simply dial you randomly.

- **Know your telemarketing rights.** Federal law allows you to tell marketers not to call you again. Check with your state attorney general's office to find out if you also have "Do Not Call" rights under state law.
- **Know your financial privacy rights.** Federal law requires financial institutions to tell you what information they collect and how they use it, and allows you to request that your personal information not be shared with unrelated companies. Check with your state attorney general's office to find out if you also have financial privacy rights under state law.
- **Know your medical privacy rights.** Federal regulations limit how your health information can be used and shared with others for marketing purposes. Check with your state attorney general's office to find out if you also have medical privacy rights under state law.
- **Your state may protect you against "spam."** Some states have enacted laws about unsolicited emails. Check with your state attorney general's office.

Resources to Help You Avoid Unwanted Marketing

- **Consumer Privacy Guide.** General information about how to protect your privacy www.consumerprivacyguide.org.
- **Credit Bureaus.** Call (888) 567-8688 to get off marketing lists for preapproved credit and insurance offers with all of the major credit bureaus (this does not affect your ability to apply for credit or insurance).
- **Direct Marketing Association.** Get off the mailing, telemarketing and/or email lists of many major marketers.

Mail—write to:

Mail Preference Service

P.O. Box 643

Carmel, NY 10512

Or visit: <http://>

www.dmaconsumers.org/cgi/offmailinglistdave

Telephone—write to:

Telephone Preference Service

P.O. Box 1559

Carmel, NY 10512

(include your phone number)

Or visit: <http://www.the-dma.org/cgi/offtelephonedave>

Email—visit:

<http://www.e-mps.org/picklang.html>