

Employee Assistance Program

Protect Yourself from Scams

Scam artists are becoming increasingly savvy in their efforts to obtain personal information and part people from their money.

Common scams include the following:

- *Email scams from abroad.* Known as the “Nigerian scam” or “419 fraud,” these emails claim to be from a prince or wealthy figure in a foreign country who wants to give you a large sum of money in exchange for helping him/her transfer funds safely out of the country.
- *Sweepstakes, prize drawings, and lottery scams.* Be skeptical of any notification via text, email, or letter that you’ve won the lottery or a sweepstakes prize, particularly if you never entered in the first place. These scams often direct people to send a payment to cover “taxes” on the prize, or call a phone number that results in unauthorized charges.
- *Telephone scams.* Thieves posing on the phone as bogus charities, bank or IRS representatives, or other officials trying to obtain information such as social security numbers, bank accounts, PINs, and passwords.
- *Door-to-door scams.* Common ploys include solicitations for fake charitable donations, magazine subscriptions, home improvements with payment upfront, or other goods and services that are of shoddy quality, or not delivered at all.
- *Other Internet scams.* Phishing emails, which appear to be from legitimate businesses such as your bank, direct victims to fraudulent sites in order to steal their personal information.



Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)

TTY users should call 1-800-424-6117

Visit us online: www.eap.calhr.ca.gov



Tips to protect yourself:

- Be skeptical of all unsolicited offers.
- Don't open suspicious emails or texts, or click on pop-up links.
- Keep your personal information secure. Shred sensitive information, check your credit report, and remove yourself from mailing lists.
- Never give out your financial information on the phone unless you've initiated the call to a legitimate company.
- Sign up for the “Do Not Call” list at www.donotcall.gov.
- Be careful about the information you share on social media sites.
- Use “strong” passwords and change them regularly.
- Report fraudulent activity to the authorities.



Log on to www.eap.calhr.ca.gov today!

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