

# EMPLOYEE ASSISTANCE PROGRAM

— HOW TO PROTECT YOURSELF FROM —

# IDENTITY THEFT



*Millions of credit card numbers and other forms of personal information are stolen from individuals and businesses every year. Unfortunately, identity theft is one of the fastest-growing crimes in the country, and can wreak havoc with people's finances and credit rating. While it is impossible to eliminate all risk, safeguarding personal information can reduce the chances of becoming a victim.*

Identities can be stolen through computer hacking of individual computers, government and business databases and websites, direct theft such as theft of one's purse or wallet containing credit cards and medical cards, telephone scams, dumpster diving, mail theft, and more. In particular, seniors, children, college students, and military personnel have increasingly been targeted by thieves who obtain easy access to Social Security numbers and other confidential information.

Daily tips for identity theft prevention include shredding all personal information before discarding, changing online passwords frequently, protecting one's Social Security number and PINs, using updated anti-virus and anti-spyware software, securing mail, filing tax returns as early as possible, checking one's credit report frequently for irregularities, ignoring suspicious requests for personal information online or by telephone, and deleting all personal data from phones or computers when selling or disposing of them.



**IF YOU SUSPECT YOUR PERSONAL INFORMATION HAS BEEN STOLEN, THERE ARE STEPS TO MINIMIZE POSSIBLE LOSSES:**

- Notify your creditors and file police reports with local law enforcement.
- Place fraud alerts on your credit reports.
- Freeze credit to prevent unauthorized account activity.
- Close all affected accounts.
- Conduct other activities necessary to resolve fraud and restore credit.

While identity theft is often called "the silent crime," its impact is anything but minor. For more information about identity theft, contact your EAP.



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1-866-EAP-4SOC (1-866-327-4762)  
TTY USERS SHOULD CALL: 1-800-424-6117  
[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)



Log on to [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) today

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