



Ten Tips to Protect Yourself from Identity Theft

1. **Shred all documents that contain personal financial information before throwing them away.**
2. **Monitor your credit reports.**
3. **Review your credit card and bank statements monthly. Watch for unfamiliar transactions.**
4. **Do not print your social security number on your checks or driver's license.**
5. **Save your receipts and take all credit card and ATM receipts with you after you pay for goods or services.**
6. **Opt-out of unsolicited credit card offers. Call 888-567-8688.**
7. **Do not send mail from an unsecured mailbox. Identity thieves often try to steal your outgoing mail.**
8. **Maintain a list of phone numbers with the contact information of your credit card, bank and other financial institutions. If a credit card is lost or stolen, contact the company immediately.**
9. **When online, never provide financial information unless you initiate the transaction. Do not respond to any e-mail that requests personal and financial information.**
10. **For additional and detailed information, visit www.qwest.com/identitytheft.**



Qwest® Identity Theft Resources

- www.qwest.com/identitytheft

Qwest provides a comprehensive resource through this site that educates consumers on all aspects of identity theft and fraud.

- www.highwayqwest.com/identitytheft

Qwest also gives teens a site to learn how to protect themselves.

Identity Theft Resource Center

- www.idtheftcenter.org

The Identity Theft Resource Center provides a wealth of information for consumers, governmental agencies, legislators and businesses about this growing crime.

What Does the Government Say?

- www.consumer.gov/idtheft

The Federal Trade Commission's Web site offers the latest facts for consumers on identity theft – how it happens, what to look out for and what to do if you are a victim.

The Internet and Identity Theft

- www.spywareguide.com/articles/identity-theft.html

- www.identity-theft-protection.com

These sites connect you to more information about how to protect yourself online. Beware of spyware that is often used to gather confidential information, and in most cases the victim has no idea their information is being stolen.

