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# Been scammed? Act immediately!

Scams can make anyone feel embarrassed or shaken, but **YOU ARE NOT ALONE** — many others have experienced something similar. The good news: You can **REGAIN CONTROL**. Protecting your personal information is vital, and knowing how to do that can help you **FEEL MORE CONFIDENT** and **REDUCE THE RISK** of someone misusing your identity or accounts in the future.

## Here's what to do

**Stop all communication with the scammer and then:**

- **SPEAK** with the police and file a report if you know your information has been used, especially if it has been used to commit a fraud.
- **CHANGE** all of your passwords.
- **ALERT** your bank(s) and credit-card companies to get new account numbers and new cards.
- **MAKE** a report to the Social Security Administration (1-800-269-0271) if you disclosed your Social Security number.
- **SECURE** your credit by checking your credit reports and placing a credit freeze.

You can receive **FREE CREDIT REPORTS** as often as weekly and a **CREDIT FREEZE** essentially puts a lock on your credit, so new creditors can't access your reports. To freeze your report, you must **contact each of the three major credit reporting agencies.**

PROTECTING ★ THE ★ UNPROTECTED



## Additional tips for protecting your personal information

- **Password protection:** Use strong passwords that are hard to guess, and change them regularly. Passwords should be at least 16 characters and include capital and lowercase letters, numbers and special characters.
- **Online accounts:** Turn on two-factor or multi-factor authentication to access your online accounts — to help protect your data. The FTC provides helpful information on what this authentication is and how to set it up. See <https://consumer.ftc.gov/articles/use-two-factor-authentication-protect-your-accounts>
- **Social media:** Exercise caution on social media. Recognize that information you post may be shared with people and networks beyond your intended audience.

## Resources

- **AARP Fraud Watch Network Helpline:** At 1-877-908-3360, trained fraud specialists can share information on what to do next and how to avoid future scams. The AARP Fraud Watch Network also offers online group support sessions.
- **Annual Credit Report:** Receive free credit reports from the major credit-reporting agencies at 1-877-322-8228 or [www.annualcreditreport.com](http://www.annualcreditreport.com).
- **National Elder Fraud Hotline (U.S. Department of Justice):** Call 1-833-372-8311 to get to the national hotline for older adults to report fraud and receive support.
- **Federal Trade Commission, Consumer Complaint:** 1-877-382-4357 or [www.consumer.ftc.gov](http://www.consumer.ftc.gov)
- **Internet Crime Complaint Center:** [www.ic3.gov](http://www.ic3.gov)
- **Major credit reporting agencies:**
  - » Equifax — 1-800-680-7289 or [www.equifax.com](http://www.equifax.com)
  - » Experian — 1-888-397-3742 or [www.experian.com](http://www.experian.com)
  - » TransUnion — 1-800-680-7289 or [www.transunion.com](http://www.transunion.com)



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