



FRAUD CHECKLIST

We secure our homes to prevent burglary.

Why don't we do the same to prevent fraud? The impact of being a victim of fraud can have a negative effect on our physical and mental health as well as financial. The crime of fraud can lead to further identity fraud, blackmail and loss of confidence. We need to start securing our lives against scams and fraud. This simple check list is designed to ensure you have basic prevention measures in place to minimise the risk from fraud.

There are four paths into your life that a criminal will explore to commit fraud.



Phone

Mobile/Landline



Post

Mail/Letters



Doorstep

Doorstep and inperson



Internet

Email/Direct Messages/Gaming/
Social Media

Remember to:



STOP

Stop & Think. Look at the communication again, is it what it first seemed to be. Take 5 minutes. Take a breath. No legitimate organisation will rush you to give out money or personal information



CHECK

Check the details. Start with spelling and grammar. Check every character of an emails address or website



ASK

Always ask at least one trusted source for their opinion. Only use trusted contact details. Only use genuine websites and email addresses



MANAGE

Manage by reporting the Fraud to Report Fraud, your Bank, the Social Media Platform, Friends & Family



Doorstep or In Person

- ☐ Sign up to Priority Service Registers with your utility companies
- ☐ Be alert and aware
- ☐ Secure doors and windows
- ☐ Use signs, stickers and CCTV
- ☐ Politely decline conversation with unknown people
- ☐ Take photos and check ID
- ☐ Have list of trusted people to contact
- ☐ Do not answer the door to a person you do not know



Telephone

- ☐ Register with Telephone Preference Service www.tpsonline.org.uk
- ☐ Don't answer unknown numbers and block them
- ☐ Block nuisance numbers through your phone provider
- ☐ Use a call blocker to stop nuisance calls to a landline
- ☐ Forward nuisance/SCAM numbers to 7726
- ☐ Use Call Screening on your mobile phone
- ☐ See your phone provider for nuisance and scam call support



Post

- ☐ Register with the Mailing Preference Service www.mpsonline.org.uk
- ☐ Register as a Scam Marshall with National Trading Standards www.friendsagainstscams.org.uk
- ☐ Opt out of the open register on the government Register to Vote service
- ☐ Check credentials on any letters by using official websites
- ☐ Ask trusted people what they think



Internet

- ☐ Use strong, long & unique passwords
- ☐ Use a password manager
- ☐ Use Two-Factor Authentication/Two-Step Verification
- ☐ Forward nuisance/SCAM emails to report@phishing.gov.uk
- ☐ Complete any device security updates
- ☐ Use anti-viral software & regular back-up's

For further information visit
www.nerccu.police.uk

