

Fraud & Scam Protection Hygiene

Part 1: Prevention Hygiene –Protecting Yourself

1. Digital “Cleanliness”

- a. Use strong, unique passwords (and change them often)
- b. Enable multifactor authentication (MFA) wherever possible
- c. Avoid saving passwords in browsers—use a secure password manager instead
- d. Keep devices and apps updated

2. Communication Caution

- a. Don’t click links or open attachments from unknown sources
- b. Confirm requests for money, gift cards, or personal information—especially if it feels urgent
- c. Be wary of spoofed caller IDs and fake email domains. When in doubt, contact the sender directly through official channels.
- d. Avoid engaging with scammers; even replying “stop” can validate your contact information

3. Financial Vigilance

- a. Monitor bank and credit card accounts regularly
- b. Set-up transaction alerts
- c. Freeze your credit if you’re not actively applying for loans
- d. Beware of “too good to be true” deals or urgent investment opportunities

4. Privacy Protection

- a. Limit what you share on social media (scammers use information from these sites to build convincing stories or to glean details that may be used for identity verification / challenge questions)
- b. Review privacy settings often
- c. Shred sensitive documents before discarding
- d. Opt out of data broker lists where possible

Part 2: Recovery Hygiene –What to Do if It Happens to You

1. Act fast!

- a. Report the scam to the credit union immediately
- b. Freeze your credit if identity theft is involved
- c. Reset passwords for affected account (and any others that reused the password)

2. Report It

- a. File a report with the FTC at reportfraud.ftc.gov
- b. Report phishing to your email provider and/or if the phishing email was related to Federal taxes, tophishing@irs.gov
- c. If money was requested or sent via a platform like Zelle® or CashApp, report to them as well

3. Monitor for Fallout

- a. Check credit reports at annualcreditreport.com
- b. Watch for new accounts, changes to your existing account/credit lines, or IRS/tax notices
- c. Consider enrolling in an identity theft monitoring or protection program

4. Be Kind to Yourself

- a. Shame thrives in silence—talk about it. Remember, scams are designed to trick everyone.
- b. Help others by sharing your story
- c. Stay updated on new scams and tactics