



# HOW TO STOP UNWANTED CALLS



Report unwanted calls at  
[ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov)



See what  
**built-in features**  
your phone has.



See what  
**call-blocking**  
and **call-labeling**  
**services** your  
carrier offers.

## How to stop unwanted calls **ON A CELL PHONE**



Download a **call-blocking app**.

- Some apps are **free**, but others charge a monthly **fee**.
- Some apps will **access your contacts**.
- Calls might be **stopped**, **ring silently**, or go straight to **voicemail**.

# How to stop unwanted calls ON YOUR HOME PHONE



See what **call-blocking** and **call-labeling services** your **carrier** offers.



Is your carrier an **internet** or **VoIP** provider? Look into **internet-based call-blocking** and **call-labeling services**.



Have a **traditional landline** that doesn't use the internet? Install a **call-blocking** and **call-labeling device**. (Not sure? Ask your **carrier**.)



Some services are **free**, but others charge a monthly **fee**.



With blocking services, calls might be **stopped**, **ring silently**, or go straight to **voicemail**.

FEDERAL TRADE COMMISSION • [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)