

Stop Calling Me!

How to Avoid Sales Calls

Tired of calls from strangers trying to sell you something? Take back control of your telephone with these tips from the nonprofit National Consumers League.

- **Sign up for the national “do-not-call” registry.** It’s free and easy. Call 888-382-1222, TTY 866-290-4326 from the phone number you want to register, or go to www.donotcall.gov. You can renew your registration every five years.
- **Some callers aren’t covered.** Nonprofit groups, charities, political organizations, and survey companies don’t have to use the national “do-not-call” list. But when charities use professional fundraisers to call, they must honor your request not to call again.
- **Some companies can still call you.** Even if your number is on the “do-not-call” registry, companies can call if: you purchased something from them or made a payment in the past 18 months; you asked about a product or service or applied for something in the past 3 months; or you have a “personal relationship” as a friend, relative or acquaintance. But you always have the right to tell them not to call again.
- **Be careful what you sign.** Companies can also call with your written permission, so look at contracts, order forms, contest entry forms, and other things you sign carefully. You can withdraw consent anytime by saying, “don’t call me again.”



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- **It may take a while to notice fewer calls.** Telemarketers check the national registry every 3 months, so it may take that long before your number is removed from their lists.
- **If you don’t register, you still have rights.** You can tell companies not to call you again on a case-by-case basis. Keep a record of their names and the dates of your requests.
- **Enforce your “do-not-call” rights.** Report violations through the “do-not-call” toll-free number or Web site. You can also sue telemarketers that violate your “do not call” rights in small claims court for \$500 (the court can triple that amount if the company knowingly broke the law).