



How To Prevent and Block Spam Calls

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Spam calls are a tale as old as time - being called on your cell phone to be talked at regarding the latest and greatest services, scams, and various other topics in an attempt to have you part ways with your wallet. Spam calls began in the 1970's, and became more prevalent in the 80's and 90's especially during [dinner time](#), where telemarketers would call during dinner time when they knew people were most likely to be home. Nowadays, the majority of these calls are automated, known as robocalls. As technology advances, spam calls and robocalls become more problematic - using technology to spoof legitimate numbers and targeting demographics based on collected data. As such, knowing how to prevent and block spam calls is extremely valuable. Here are 3 primary options that have their own way of successfully blocking spam calls.

The Do-Not-Call Registry

The Federal Trade Commission has developed the Do Not Call Registry as a list of individuals who do not want to be contacted by telemarketers. Individuals can add themselves to this list for free. However, there is a catch. While legitimate companies and telemarketers will follow the Do Not Call Registry, malicious actors who attempt to gain sensitive information from victims likely will not as they are already planning on committing a crime.

However, individuals can block legitimate telemarketers by navigating to the [donotcall.gov](https://www.donotcall.gov) website. Here, users can report spam callers, add themselves to the "Do Not Call" Registry, and verify their registration. Once a user submits their number for registration, they will need to click on the verification link sent to their email address. Alternatively, individuals can call 1-888-382-1222 from the phone they wish to add to the registry.

Search and Destroy

This method of stopping spam callers involves simply blocking calls from phone numbers that you have found to be spam callers, while avoiding picking up the phone. To figure out if someone is a spam caller, consider the following steps:

- Check the caller ID to see if it suggests a likely spam call. You are free to block them if it is a spam call; otherwise, do a bit more research.
- Look up the phone number on the internet. Several organizations list their phone numbers on their website openly, allowing you to check if the phone number belongs to any organization that you are expecting a call from. If the phone number comes from an unknown organization, or no organization at all, you are likely able to block them.
- If the phone number seems trustworthy, then you are able to pick up the call! However, stay diligent about ensuring the individual on the other side is trustworthy. Phone numbers can be spoofed. Avoid giving out any personal information, and keep yourself safe.



Third Party Blocking Resources

Additionally, there are numerous products on the market that prevent spam calls on mobile devices, voice over internet protocol (VoIP) phones, and landlines.

Mobile applications can prevent spam calls on mobile devices. Android users can navigate to their app store and download free services such as:

- Truecaller
- Hiya
- Kaspersky Antivirus App Lock

Alternatively, iPhone users can navigate to the App Store and download free apps such as:

- Hiya
- Call Control
- Truecaller

Additionally, individuals with home phones that use voice over VoIP or landlines can utilize call blocking services from their home internet provider, such as Xfinity, AT&T, or Verizon. [Verizon](#) 0. Verizon Fios Digital Voice and Comcast users can also access NoMoreRobo for free, a call blocking service. AT&T offers opt-in services called "[Digital Phone Call Protect](#)". For more information on additional providers, the FTC offers a list of [provider services](#) for blocking calls.

Lastly, landline users can purchase physical call blockers that connect to the phone. These can [range](#) from \$25 to \$90. Some landline phone providers also offer landlines with [call blockers](#) built-in and are available at several major retailers. These options are not mandatory, but can offer additional protection against spam calls.

Spam phone calls are not only annoying, but they can be harmful, attempting to gather sensitive information from individuals just trying to go about their day. Therefore, it is essential to consider staying protected against spam calls and reporting them to prevent spam callers from affecting other people.