

# Avoiding Phone Scams

Phone scams are becoming more common. This guide explains how to stay safe and recognise warning signs.

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## Common Scam Signs

Unexpected calls asking for money, passwords, or urgent action.

## Bank Scams

Banks never ask for PINs or full passwords over the phone.

## Delivery Scams

Fake parcel calls or texts asking for small payments.

## Tech Support Scams

Calls claiming your computer has a virus.

## Prize Scams

You are told you've won money but must pay a fee first.

## Safety Tips

- Hang up if something feels suspicious.
- Do not give bank details over the phone.
- Use caller ID and scam blocking apps.
- Talk to a trusted friend or family member before making payments.
- Report scams to Action Fraud UK.

*Prepared for [FreeCallsForSeniors.co.uk](https://www.FreeCallsForSeniors.co.uk) — Helping older adults stay connected safely.*