

he National Do Not Call Registry, managed by the Federal Trade Commission, gives you the ability to stop many unwanted sales calls by registering your home and/or mobile phone number. Registrations are free and do not expire.

Most telemarketers should not call your number once it's been on the National Do Not Call Registry for 31 days (the period telemarketers are given to remove the number from their call lists). However, other types of organizations are still allowed to call you—including charities, political groups, debt collectors, and survey companies.

Call 1-888-382-1222 from the phone you want to register or visit donotcall.gov.

If you register your number at donotcall.gov, you'll get an email with a link you need to click on within 72 hours to complete your registration.



