Region 10 REGIONAL QUALITY COUNCIL

Phishing

· Emails are a great and easy way to send a quick message. Unfortunately, some people will try to take advantage of you through email.

· Phishing is when a person tries to steal your personal information through email. Phishing can result in identity theft and loss of money

Phishing Example

6301 Bandel Rd NW, Suite 605, Rochester, MN 55901
Phone (507) 287-2032

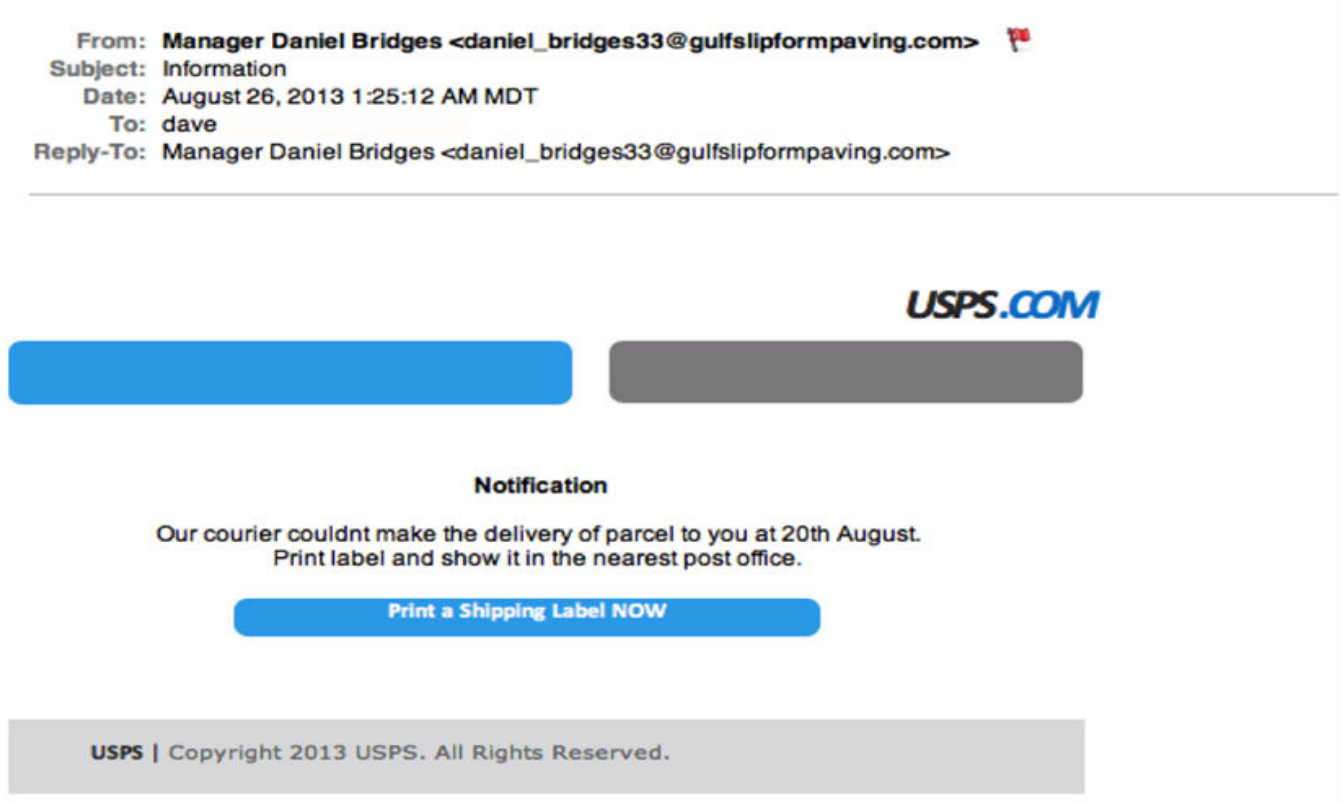
The phishing example tries to get a person to click on the "Update Account Option". Phishing scams want a person to act immediately. They will try to create a sense of urgency.

· In the example, words are spelled wrong. Real companies will use correct grammar. A real company would not send out emails with words that are spelled wrong.

· The example has a greeting that says "Hi, Dear". Companies will not have greetings like that. Many companies will greet you by your name.

· Phishing emails will often look real. Scammers will use real companies and logos to trick someone.

· Phishing emails will try to get you to click on a link or open an attachment. DO **NOT** click on the link or attachment.



Phishing scams often do not match the company that they claim to be. In this phishing example, the USPS is emailing you from a random manager account. This is a red flag that something is not right.

Preventing Phishing

· If you think an email is not real, contact the number of the company that you can confirm is real.

· Before clicking on any links or attachments ask yourself:

· Do I have an account with this company?

· Do they usually send me emails?

· Did I ask for this contact?

· You can report or delete phishing scams in your email. Ask a trusted family member or friend for support if needed.

· Trust your gut. Do not click on any links or attachments in emails you think might be fake.

· Do not reply to any emails from people you do not know.

· If you are a victim of a phishing attempts, go to IdentityTheft.gov. This site will try to help you recover stolen information or funds (Federal Trade Commission, 2019).

References

Ellis, D. (2021). *7 Ways to Recognize a Phishing Email: Email Phishing Examples*. SecurityMetrics. https://www.securitymetrics.com/blog/7-ways-recognize-phishing-email

Federal Trade Commission. (2019, May). *How to Recognize and Avoid Phishing Scams.* Consumer Information. https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams