



**STOP  
CHECK  
REJECT**

**Have you received an unusual or unexpected phone call, text message, or email?**

**STOP**

Does something seem off? If in doubt, the best thing to do is stop. ***Take a breath.***

**CHECK**

Ask someone you trust or contact the organisation directly, using their official details. ***Check the source.***

**REJECT**

Hang up on the caller, delete the email, block the phone number. ***Change your passwords.***