

Below are a list of tips to help avoid the growing spam epidemic. These tips will not eliminate spam mail altogether, but will help reduce the amount of spam directed at you or your company.

Protect your inbox

Do not give out your e-mail address to anybody you do not intend to correspond with.

Use free web mail accounts

For merchants and others you do not correspond with on an ongoing basis, use a free web mail account, such as Yahoo or Hotmail. This way you can keep your primary inbox clean from spam mail.

Do not post your address

Resist the temptation to post your email address on websites, chat groups, forums, etc. Spammers often harvest email addresses from these locations.

Never answer spam

Never answer spam mail. Most times you will be sending the message back to a robot and confirming that the email address is legitimate. This often leads to an increase in spam mail.

Opt out

When you sign up for a service or you have purchased a product online from a reputable company, they will provide an opt-out option in the email. This will remove you from the mailing list, if you do not wish to receive any information in the future.

Read the Privacy Policy

Make sure you are clear on what a website can and can not do with your email address. If there is no privacy policy on a web site, stay clear.

Use an anti-spam application/service

Following these tips will not eliminate spam mail altogether. You must find an anti-spam solution, such as iPermitMail, to help protect your inbox.