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To block and prevent spam calls, it's crucial to avoid answering unknown or suspicious numbers, use call-blocking apps, register your number on a 'Do Not Call Registry' and avoid sharing your number on insecure websites. These prevention strategies are your best defense against spam calls, empowering you to take control of your phone and your privacy. Register on the Do Not Call Registry/ Register your number on the do-not-call registry. The FTC (Federal Trade Commission) manages this number list system to prevent telemarketing calls. Call Carrier/Most network operators offer a call filtering service to identify spam calls. You typically won't require a third-party app; it's a built-in feature to stop spam calls. They filter calls and show as spam when you receive spam calls on your phone screen. Do not Answer an Unknown Number/ Answering unknown calls can be risky because it shows that your number is active for scammers to target. So, be careful when you get a call from such numbers. Before answering the call, it's better to take your time to research the caller. Block Number/ If you figure out the call is spam, immediately block that number. Nowadays, all mobile phones have a blocking option. If your device doesn't have an in-built call-blocking feature, you can use third-party call-blocking apps to restrict unwanted calls. Report the Number/ Report the spam call to the concerned authority. When you report a spam number, it blacklists the number. Telephone carriers use these lists to block or mark calls as spam for other users. In recent years, there's been a significant increase in spam calls, leaving many people frustrated and looking for solutions. These unwanted calls, often from telemarketers, scammers, or robocalls, can disrupt our daily lives and even pose security risks. Understanding why we're getting so many spam calls is crucial to stopping them effectively. By learning the reasons behind these persistent calls and implementing strategies to block them, we can regain control over our phone lines. Spam calls are more than just a nuisance; they can lead to serious consequences if personal information is compromised. Scammers often use sophisticated techniques to make calls appear legitimate, fooling even the most cautious individuals. It's essential to recognize the various types of spam calls, including scam calls, telemarketing calls, and illegal robocalls, and know how to block them. One of the most effective ways to stop unwanted calls is through call-blocking tools and registering with the National Do Not Call Registry. However, simply adding your phone number to a call list may not be enough, as scammers often use new and specific numbers to bypass these measures. Utilizing caller ID, voicemail, and other built-in phone features can help identify and block unwanted calls. Whether you're dealing with a home phone, landline, or mobile device, taking proactive steps to block spam calls and stop unwanted calls is essential. By understanding the tactics used by scammers and telemarketers, you can better protect yourself and avoid falling victim to their schemes. From call blocking apps to setting up your phone's defenses, there are numerous ways to block calls and stop robocalls from interrupting your peace. In this article, we will explore the reasons behind the surge in spam calls and provide practical tips on how to block unwanted calls. We'll also discuss the importance of reporting scam calls and maintaining the security of your personal information to avoid getting a lot of these unwanted interruptions. Whether you're dealing with unknown numbers or illegal robocalls, our comprehensive guide will help you stop unwanted calls and protect your privacy. Spam calls are unsolicited phone calls that are typically made to large numbers of people, often with the intention of selling products, gathering personal information, or scamming the recipient. These calls are usually made by automated systems known as robocallers, which can dial numerous phone numbers simultaneously. A recorded message from a "credit card company" offering lower interest rates: This is often a scam to collect your personal information. A call from someone claiming to be from a "tech support" company. They might say there's a problem with your computer and try to get you to pay for unnecessary services. A call from a "charity" asking for donations. This might be a legitimate call, but it could also be a scammer pretending to be from a real organization to steal your money. Understanding the different types of spam calls can help you recognize and deal with them more effectively. Here are the most common ones: Robocalls are automated calls that deliver pre-recorded messages. These calls can be used for various purposes, such as political campaigns, public service announcements, or, more frequently, scams. Because robocalls use autodialers, they can reach thousands of people in a short amount of time. Example: You receive a call from a number you don't recall recognizing. When you answer, you hear a recorded message stating that you've won a free vacation and need to press a button to claim your prize. This is a common robocall scam designed to gather your personal information. Telemarketing calls are made by companies trying to sell you products or services. While some telemarketing calls are legitimate, others may be from companies that use aggressive sales tactics or try to sell fraudulent products. Example: You answer your phone and hear a live person trying to sell you an extended warranty for your car. They may have your name and some basic information about your vehicle, but the offer might be a scam. Scam calls are fraudulent calls made by scammers attempting to steal your money or personal information. Scammers often pretend to be from legitimate organizations, such as banks, government agencies, or well-known companies, to trick you into providing sensitive information or making payments. Example: You get a call from someone claiming to be from the IRS, saying you owe back taxes and need to pay immediately to avoid arrest. This is a common scam call designed to scare you into sending money. Understanding why you're getting so many spam calls can help you take steps to reduce them. Here are some common reasons behind the surge in spam calls: Data breaches occur when hackers break into a company's database and steal personal information, such as phone numbers, email addresses, and even financial details. This information is then sold on the dark web or used directly by scammers to make spam calls. Equifax (2017): The personal information of over 147 million people was exposed, including Social Security numbers and phone numbers. Facebook (2019): A database containing phone numbers of over 419 million users was found online, exposing users to potential spam calls. When your personal information is leaked in a data breach, it becomes easier for scammers and telemarketers to target you with spam calls. Autodialers are automated systems that can dial thousands of phone numbers in a short period. Once a call is answered, the autodialer can play a pre-recorded message (robocall) or connect you to a live telemarketer. These systems are incredibly efficient, allowing scammers and telemarketers to reach a vast audience quickly. 2020: Americans received over 45.9 billion robocalls, an increase from previous years. 2021: This number rose to approximately 50.5 billion robocalls. Autodialers and robocall technology make it cheap and easy for scammers and telemarketers to bombard you with calls. Data brokers collect information from various sources, such as online forms, social media, and public records. They compile this data into lists, which are then sold to businesses, including telemarketers and scammers. These lists often include phone numbers, making it easier for these callers to target specific individuals. Impact on Consumers: When your phone number ends up on a list sold by data brokers, you can start receiving numerous spam calls. These calls can be from legitimate businesses trying to sell products or services, but often they are from scammers looking to exploit your personal information. During times of crisis, such as the COVID-19 pandemic, there is often a spike in scam calls. Scammers take advantage of people's fears and uncertainties to trick them into giving away money or personal information. For example, during the pandemic, there was an increase in calls pretending to offer COVID-19 tests or vaccines. Impersonation: Scammers often pretend to be from trusted organizations, such as banks, government agencies, or well-known companies. They use this trust to trick you into providing personal information or making payments. Urgency: Scammers create a sense of urgency, making you feel like you must act immediately to avoid some negative consequence, such as legal action or account suspension. Prize or Lottery Scams: You might receive a call saying you've won a prize or lottery, but they need to pay a fee to claim it. This is a tactic to steal your money. Dealing with spam calls can be frustrating, but there are effective strategies you can use to reduce or even stop them. Here's how you can take control and protect yourself from these annoying interruptions: There are many call blocking apps available that can help you manage spam calls. Some of the most effective ones include: Hiya: This app identifies spam calls and blocks them before they reach you. Truecaller: It has a vast database of spam numbers and provides real-time caller ID. RoboKiller: This not only blocks spam calls but also uses AI to answer them and waste scammers' time. When choosing a call blocking app, look for the following features: Spam Detection: The app should identify and block known spam numbers. Custom Block List: Allows you to add specific numbers you want to block. Caller ID: Shows the name and type of caller, even if they are not in your contacts. Reporting Features: Lets you report new spam numbers to help keep the database up to date. Registering your phone number with the National Do Not Call Registry can reduce the number of telemarketing calls you receive. Here's how to do it: Visit the website donotcall.gov. Enter your phone number and email address. Confirm your registration through the email you receive. While the National Do Not Call Registry can significantly reduce telemarketing calls, it has limitations: Doesn't Block All Calls: The registry does not block calls from political organizations, charities, or survey takers. Scammers Ignore It: Unfortunately, many scammers do not follow the rules and continue to call numbers on the registry. Most smartphones have built-in features to help block spam calls: For iOS (iPhone): Go to Settings > Phone > Call Blocking & Identification. Here, you can enable features and apps that block spam calls. To block specific numbers, open the Phone app, find the number, and tap Block this Caller. For Android: Go to Settings > Spam Protection and enable it. To block specific numbers, open the Phone app, find the number, and tap Block/report spam. > Do Not Disturb: Mode can help you avoid spam calls by silencing all calls except those from your contacts: For iOS: Go to Settings > Do Not Disturb, and customize your settings to allow calls from your contacts only. For Android: Go to Settings > Sound > Do Not Disturb, and configure it to allow calls only from your contacts. Reporting spam calls helps authorities track and stop spammers. Here's how to report: Federal Trade Commission (FTC): Visit ftc.gov/complaint to file a complaint about unwanted calls. Federal Communications Commission (FCC): Report spam calls at fcc.gov/complaints. Your Phone Carrier: Many carriers have their own reporting tools. Check your carrier's website or app for options. Reporting spam calls helps build a case against scammers and telemarketers who violate the law. Your reports can contribute to investigations and help stop illegal activities. To reduce the chances of your phone number being targeted by spammers: Use a Secondary Number: Consider using a secondary number for online forms and registrations. Don't Share Publicly: Avoid posting your phone number on public websites, social media, or forums. Opt Out of Data Sharing: When signing up for services, look for and opt out of data sharing options. Be mindful of when and where you share your phone number. Only provide it when absolutely necessary and trust the recipient. Dealing with spam calls can be a hassle, but with some practical steps, you can reduce their frequency and protect yourself from potential scams. Here are some additional tips that can help you manage and minimize spam calls: One of the simplest ways to avoid spam calls is to not answer calls from numbers you don't recognize. Here's why: Reduces Engagement: If you don't answer, spammers are less likely to keep targeting your number. Avoids Scams: Many scam calls are designed to trick you into providing personal information or money. Not answering keeps you safe from these tactics. Less Stress: Ignoring unknown numbers can reduce the stress and annoyance that comes with dealing with spam calls. Letting unknown calls go to voicemail is an effective way to screen them: Identify Legitimate Calls: Genuine callers will leave a voicemail. You can then decide whether to call back. Avoid Scammers: Most scammers and robocallers won't bother leaving a message. If there's no voicemail, it's likely not important. Being cautious about where and how you share your personal information can help reduce spam calls: Limit Online Sharing: Only provide your phone number on trusted websites and services. Avoid sharing it on public platforms like social media. Use a Secondary Number: Consider using a secondary phone number for online registrations and forms. This way, your primary number stays private. Check Privacy Settings: Adjust privacy settings on social media and other online accounts to limit who can see your contact information. Phishing is a common tactic used by scammers to steal personal information. Here's how to recognize and avoid them: Unexpected Requests: Be cautious of calls asking for personal or financial information out of the blue. Verify Caller Identity: If you receive a suspicious call claiming to be from a reputable organization, hang up and call the organization directly using a number from their official website. Look for Red Flags: Be wary of urgent language, threats, or promises that seem too good to be true. These are common tactics used by scammers. Scammers are always coming up with new tactics to trick people. Staying informed can help you recognize and avoid these scams: Learn About Common Scams: Familiarize yourself with common phone scams, such as IRS impersonation, tech support scams, and lottery scams. Stay Updated: Follow news and updates from reputable sources like the Federal Trade Commission (FTC) or Federal Communications Commission (FCC) to learn about new scam tactics. There are several resources you can use to stay informed about the latest scams and how to protect yourself: FTC Website: The FTC regularly updates its website with information about current scams and tips on how to avoid them. Visit ftc.gov/scams. FCC Website: The FCC provides updates on illegal robocalls and other phone scams. Check out fcc.gov/spoofing for more information. Consumer Reports: This organization offers articles and tips on avoiding scams and protecting your personal information. Visit consumerreports.org. Local News Outlets: Your local news station or newspaper often reports on scams affecting your area. Discovering that you've been scammed can be distressing, but taking immediate and decisive action can help minimize the damage and protect you from further harm. Here's a detailed guide on what to do if you fall victim to a scam: Your phone carrier can help you deal with the fallout from a scam. Report the Scam: Inform your carrier about the scam call. They may be able to block the scammer's number and prevent further calls. Change Your Number: If the scam is severe, you might consider changing your phone number. Your carrier can assist with this process. Enable Call Blocking: Ask your carrier about any call-blocking services they offer. Many carriers have tools to help block spam and scam calls. Reporting the scam is crucial for helping authorities track and stop spammers: Federal Trade Commission (FTC): File a report online at reportfraud.ftc.gov. The FTC collects information about scams and takes action against scammers. Federal Communications Commission (FCC): Report unwanted calls and scams at fcc.gov/complaints. The FCC can investigate and penalize those violating telemarketing laws. Local Law Enforcement: Contact your local police department to file a report. This can be important if the scam involves identity theft or significant financial loss. Better Business Bureau (BBB): Report the scam to the BBB at bbb.org/scamtracker. The BBB tracks scams and provides warnings to the public. After a scam, it's crucial to closely monitor your financial accounts for any unusual activity: Review Transactions: Go through your recent bank and credit card statements carefully. Look for any unauthorized transactions, no matter how small. Report Fraud: If you notice any suspicious charges, contact your bank or credit card company immediately to report the fraud. They can help you dispute the charges and may issue new cards to prevent further unauthorized use. Fraud alerts can help protect your credit and financial accounts from further harm: Place a Fraud Alert: Contact one of the major credit bureaus (Experian, TransUnion, or Equifax) to place a fraud alert on your credit report. This makes it harder for scammers to open new accounts in your name. Credit Freeze: Consider placing a credit freeze on your credit reports. A freeze prevents new creditors from accessing your credit report, making it difficult for scammers to open new accounts. Monitor Credit Reports: Regularly check your credit reports for any new accounts or inquiries you didn't authorize. You can get free credit reports annually from each of the three major bureaus at annualcreditreport.com. Dealing with spam calls has become a common frustration for many people. By understanding why you're getting so many spam calls, taking proactive measures, and implementing the tips provided, you can significantly reduce the number of unwanted calls and protect your privacy. Remember, your best defense against unwanted calls is call blocking and staying vigilant. With these proactive measures, you can minimize the intrusion of unwanted calls and maintain control over the calls you get. Whether you're dealing with a mobile phone or a landline phone, these strategies can help you stop getting so many spam calls. Don't let spam callers disrupt your daytime action now to block unwanted calls and enjoy a more peaceful phone experience. If you continue to experience a high volume of unwanted calls or robocalls, consider using a device to block these calls or consulting with your phone service provider for additional solutions. The more steps you take to protect yourself, the better your odds are of reducing the number of calls from people and businesses you don't want to hear from. Stay informed, stay protected, and take control of your phone by following these guidelines to stop unwanted calls and spam. You can silence all unknown callers, but that may also block callers that you want to receive as well. There are third-party apps that you can also try, but they are hit and miss as far as how well they work. Detect and block spam phone calls - Apple Support/ Your cellular provider is the best source for blocking the calls before they even reach your phone. Most of the big stream companies have call blocking settings that can be turned on to stop or at least identify the call as spam. For example, T-Mobile has SpamShield, which can be used for free and they also offer a subscription service to give you more control. The Do Not Call registry has many ways as it requires the caller to honor the request by you and in most cases they are spoofing the calling number so they cannot be identified. You can report callers on that site. With iOS 13 and later, you can turn on Silence Unknown Callers to avoid getting calls from people you don't know. This blocks phone numbers that you've never been in contact with and don't have saved in your contacts list. If you've previously texted with someone using their phone number or if a person has shared their phone number with you in an email, a phone call from that number will go through. Calls from unknown numbers are silenced and sent to your voicemail, and appear in your recent calls list. Incoming calls will come through from people that are saved in your contacts list, recent calls list, and from Siri Suggestions to let you know who's calling based on phone numbers included in your emails or text messages. If an emergency call is placed, Silence Unknown Callers will be temporarily disabled for the next 24 hours to allow for your iPhone to be reached. Before you turn on Silence Unknown Callers, make sure you have important contacts saved or you could miss a phone call that you don't want to miss. The call will still go to voicemail and appear in your recent calls list, but you won't get a notification while the call is ringing. To turn on Silence Unknown Callers: Go to Settings > Apps > Phone. Scroll down on Calls. Tap Silence Unknown Callers. Make sure to turn on the feature. Go to the App Store and download an app that detects and blocks spam phone calls. You can download and install multiple apps with this feature from different app developers. Go to Settings > Apps > Phone. Tap Call Blocking & Identification. Under Call Identification Apps, turn the app on or off. You can also reorder the apps based on priority. Just tap Edit and then drag the apps in the order you want them. When you receive a call, your device checks the callers number and compares it to the list of phone numbers in your third-party spam apps. If there's a match, iOS displays the identifying label chosen by the app, for example Spam or Telemarketing. If the app determines that a phone number is spam, it may choose to block the phone call automatically. Incoming calls are never sent to third-party developers. If the app is determining that a number is from a spam caller, you can block the number manually on your device. Phone numbers that you manually block appear under Blocked Contacts. If you no longer want to use the app, then you can remove it. Information about products not controlled or tested by Apple, or independent websites not controlled or tested by Apple, is provided without recommendation or endorsement. Apple assumes no responsibility with regard to the selection, performance, or use of third-party websites or products. Apple makes no representations regarding third-party website accuracy or reliability. Contact the vendor for additional information. Published Date: March 27, 2025 iPhone Why am I getting so many spam calls? (as-Title by Moderator) iPhone XR, iOS 16 Posted on Feb 17, 2023 8:50 AM Reply Page content loaded Feb 17, 2023 9:16 AM in response to Marshfamm1 Spam, whether it is coming in via phone calls, emails, or text messages, affect just about everyone ... so you are not alone. Why you are getting them may relate to many different factors, including businesses that "sell" your phone information, or data mining by nefarious characters. The bottom line is that spam costs very little to send and is the modern day replacement for junk mail. You may note that spam calls are typically robotic, which adds to the frustration. Worse, they sometimes appear as local numbers that are random. The key is to not answer them. Any legitimate calls should go to voicemail, and if any of those are spam, you can quickly find out by reviewing the voicemail ... especially easier if you enable visual voicemail on your iPhone. Regardless, for spam calls, you will need to contact your cellular provider to see what they offer to combat against them. Some, like AT&T & Verizon, offer call filtering apps for your phone. Ref: Recognize and avoid phishing messages, phony support calls, and other scams - Apple Support Feb 18, 2023 10:23 AM in response to Marshfamm1 Spam calls on your iPhone can be a frustrating and annoying experience. Here are some possible reasons why you may be receiving so many spam calls: Your phone number was obtained by a telemarketing company or scammer. Telemarketing companies and scammers often obtain phone numbers from public databases, social media, and other sources. If you've recently shared your phone number online, or signed up for a service that requires you to provide your phone number, this could be the reason why you're receiving spam calls. Your phone number was auto-dialed by a robocaller. Robocallers use automated dialing systems to call thousands of phone numbers at once. If your phone number is on their list, you may receive spam calls frequently. You've inadvertently signed up for a service that sells your phone number. Some services, such as online surveys or contests, require you to provide your phone number. However, these services may also sell your phone number to telemarketing companies or other third-party entities. Your phone number has been spoofed: Spoofing is when a scammer falsifies the caller ID information to make it look like the call is coming from a legitimate number. This can make it difficult to identify spam calls. To reduce the number of spam calls you receive on your iPhone, here are some tips: Enable "Silence Unknown Callers" in your iPhone settings. This will automatically send calls from unknown numbers to voicemail. Block specific phone numbers that you know are spam. Use a third-party call-blocking app, which can identify and block spam calls. Don't answer calls from phone numbers you don't recognize. Avoid sharing your phone number online or signing up for services that require your phone number. Register your phone number with the National Do Not Call Registry. By taking these steps, you can reduce the number of spam calls you receive on your iPhone and protect yourself from potential scams. Feb 17, 2023 9:03 AM in response to Marshfamm1 Are you getting them from Apple? Contact your Carrier please. This thread has been closed by the system or the community team. You may vote for any posts you find helpful, or search the Community for additional answers. Why am I getting so many spam calls on my iPhone? Updated on April 1, 2025. Spam calls can come from telemarketers, robocallers or scammers. If you're receiving more spam calls than usual, your phone number may have been exposed on the dark web, posted on people search sites or leaked in a data breach. Other factors, like previously answering or calling back spam numbers, can contribute to a sudden increase in these calls. Although some spam calls are just unsolicited, scam calls are a more malicious type of spam and can lead to consequences as severe as identity theft. Keep reading to learn why you might be getting so many spam calls and learn helpful tips to reduce their frequency. If you notice you're receiving more spam calls than normal, one reason could be that your phone number is on the dark web. The dark web is a hidden part of the internet where cybercriminals buy and sell stolen personal information, including credit card information and phone numbers. Once your phone number is exposed on the dark web, it can be purchased and used by scammers with malicious intentions. To check if your information has been compromised, perform a dark web scan. This will determine if personal information, like your phone number, has been exposed in data breaches and is being sold to cybercriminals on the dark web. By answering spam calls in the past, you may have accidentally let spammers and scammers know that your phone number is active. As a result, they will continue targeting you with unwanted calls in the future. Even though most spam calls seem harmless, this is why it's important not to answer any calls from unknown or suspicious numbers. Some of these callers could be scammers trying to convince you to share private information or send money. To protect yourself and your privacy, it's best to ignore spam calls entirely. People search sites collect and sell your Personally Identifiable Information (PII) by finding your data in public records and social media platforms. Sometimes, you can access certain information on people search sites for free. If your phone number is listed in a public record, spammers can easily find it by using a people search site and use it to target you with spam calls. Once your phone number is exposed, it could lead spammers directly to more sensitive information. Here are some examples of PII that people search sites can uncover: Driving records Criminal history Marriage records Professional licenses (PhD, JD, etc.) Property records A data breach occurs when sensitive information is accidentally exposed due to a company's security vulnerabilities, giving unauthorized users access to the data. If your phone number was part of a past data breach, it could have been stolen by a cybercriminal and posted for sale on the dark web. This could result in a sudden increase in spam calls, especially if the data breach included your phone number. If you notice you're receiving more spam calls than normal, one reason could be that your phone number is on the dark web. The dark web is a hidden part of the internet where cybercriminals buy and sell stolen personal information, including credit card information and phone numbers. 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