

Protect yourself from Spam or Junk Mail

Basic Facts

- The majority of household waste consists of unsolicited mail.
- 100 million trees are ground up each year for unsolicited mail.
- It wastes 28 billion gallons of water for paper processing each year.
- More than half of unsolicited mail is discarded unread or unopened; the response rate is less than 2%.
- The result is more than 4 million tons of paper waste each year.
- It is difficult to recycle, as the inks have high concentrations of heavy metals.
- \$320 million of local taxes are used to dispose of unsolicited mail each year.
- It costs \$550 million yearly to transport junk mail.
- Scarce landfill space disfigures rural areas and pollutes ground water.
- We each get about 40 pounds of junk mail a year, more than a tree's worth per family!

✚ **Don't give out your address, e-mail or phone number**, especially to telemarketers.



✚ **Don't respond directly to junk mail solicitations**, even if you write on it to delete your name from their database.

✚ **Don't send in product warranty cards**. They are not required, except in unusual situations. If you do send in such a card, rest assured that your name will be sold.

✚ **Never enter contests that require your phone number or e-mail**. This is one of many ways, that Telemarketers use to get your name address and phone number.

✚ Be cautious about placing **your picture, address, e-mail and phone number on the internet** and never post your date of birth or social security number on the internet.