



HOW DO I GET RID OF IT?

The A to Z Guide for Recycling & Disposal in Pinellas County

<http://www.pinellascounty.org/utilities/getridofit>

Questions? Call Solid Waste at 464-7500.

All phone numbers are area code 727, unless otherwise indicated.

Junk Mail Reduction Kit

STOP Junk Mail

1. **Don't share unnecessary information.**
 - a) Don't respond to surveys.
 - b) Don't provide extra information on warranty cards (such as recent purchases or hobbies).
 - c) Don't fill out contest entry forms.

2. **Get off mailing lists.**
 - a) **Direct mail:** Contact the Direct Marketing Association (DMA) to remove your name from most direct mailing lists. You can [register online](#) (free), or [print the form and mail it](#) (\$1 fee). Be sure to complete a form for all the variations of your name (Sue Jones, Susan Jones, Mike Jones, Mike and Susan Jones, etc.). You will see a decrease in junk mail within 3 months, and your request is good for 5 years.
 - b) **Other mail:** Registering with DMA (see above) reduces your national advertising mail, but you will continue to get mail from local businesses, and from those with which you do business. For those, contact the company directly (most have a toll-free number or a website), and ask to be removed from their mailing list.
 - c) **Credit card and insurance offers:** Visit the [Consumer Credit Reporting Industry site](#) or call 1-888-5-OPTOUT (1-888-567-8688) to remove your name from consumer credit mailing lists (TransUnion, Experian, and Equifax, and Innovis).
 - d) Say or write, **"Do not rent or share my name"** when you order a catalog, place an order, fill out a warranty card, donate to charity, etc. You can write this on the memo line of a check, on the bottom of a form, or in the "comments" field when ordering online.
 - e) **Last resort:** You can fill out US Postal Service Form 1500 for a persistent junk mailer who ignores your requests to stop. This form was originally intended for stopping "sexually oriented" junk mail, but can be used for any mail you find offensive. Ask for Form 1500 at your local post office, or [download the form](#).

3. **Cancel unwanted catalogs:**
 - a) **Decline** specific catalogs using www.catalogchoice.org (no charge).
 - b) **Contact** catalog companies to ask to be removed from their mailing list. It's a free call if you use the company's toll-free ordering number. Have the catalog handy since you may need to provide the customer number shown on the mailing label.

4. **To stop junk mail at work,** see [Reducing Unsolicited Mail at Your Business](#) by the California Integrated Waste Management Board.

This guide is provided as a service for our residents. A listing does not constitute an endorsement by Pinellas County.

The listing is not all-inclusive or exclusive, and is subject to change. Contact the organizations listed to verify program details.

Help us keep the guide up-to-date! Please [click here](#) to give us comments, corrections, or additions.



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Junk Mail Reduction Kit *continued*

STOP Junk Phone Calls

1. **Sign up with the National Do Not Call Registry** [online](#) or by calling 1-888-382-1222. You should stop receiving telemarketing calls within one month, and your request is good for 5 years.
2. **If you get an unwanted call**, interrupt the telemarketer and say “Please permanently remove me from your calling list.” This request is good for 10 years.

STOP Junk Faxes

1. **Unsolicited fax advertising is illegal** if you’ve never had a business relationship with the sender or given permission to have faxes sent to you (see [Fax Advertising: What You Need to Know](#)). If you receive an unwanted fax, you can:
 - a) Call the advertiser, and ask to be removed from their fax list. The Junk Fax Prevention Act of 2005 requires fax ads to include this information. Look on the fax for the number you should call (such as, “To be removed from the XYZ database, call 1-800-000-0000).
 - b) Notify the Federal Communications Commission (FCC) using [Form 1088](#), or call 1-888-CALL-FCC (1-888-225-5322).

STOP Junk E-Mail (Spam)

1. **Never reply** to an unsolicited commercial e-mail (spam).
2. **Use virus protection software** to filter spam.
3. **Sign up with the Email Preference Service (eMPS)** [online](#) to remove your email address from national lists. This will reduce (but not eliminate) the unsolicited commercial email you get from national marketers, since not all companies participate in the Director Marketing Association Email Preference Service. Your request is good for 5 years.
4. **Report spam to the Federal Trade Commission (FTC)** by forwarding it to spam@uce.gov (be sure to include the full e-mail header). The FTC site includes consumer tips on [avoiding spam scams](#).
5. **Do not fill out profiles** when setting up an e-mail account or Internet connection.

Additional Information:

[Do-it-Yourself: Stop Junk Mail, Email and Phone Calls](#)

[How to Get Less Junk Mail](#)

[8 Ways to Opt Out of Junk Mail](#)

[41 Pounds.org](#)

[Stop Spam!](#)

[Do Not Mail](#)

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