



The “Do Not Call” Registry

Stop Telemarketing Sales Calls

About the “Do Not Call” Registry

Run by the Federal Trade Commission (FTC), [the National Do Not Call Registry](#) was created to stop unwanted sales calls. It is free to register your home or mobile phone number.

The Do Not Call Registry stops sales calls from real companies. The Registry is a list that tells telemarketers what numbers not to call. The FTC does not and cannot block calls. The Registry cannot stop calls from scammers who ignore the Registry.



**NATIONAL
DO NOT CALL
REGISTRY**

How to Register

Go to donotcall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you want to register.

If you register your number at donotcall.gov, you will get an email with a link you need to click on within 72 hours to complete your registration.

Can a Company Still Call Me With a Sales Pitch?

Companies can call you if you have recently done business with them, or if you have given them written permission to call. But if you ask them not to call you, they must stop. Be sure to write down the date you asked them to stop.

What About Robocalls and Other Unwanted Calls?

If a [robocall](#) — a call that plays a recorded message — is selling something, it is illegal unless you have given a company written permission to call you that way. If the robocall is not purely informational — like your cable company confirming a service appointment — there is a good chance it is a scam.

If you get an illegal robocall, hang up. Do not press buttons to be taken off a call list or to talk to a live person. It might lead to more unwanted calls. Instead, [report it to the FTC](#).

- Learn more about robocalls at ftc.gov/robocalls.
- You can report other unwanted calls at donotcall.gov.



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