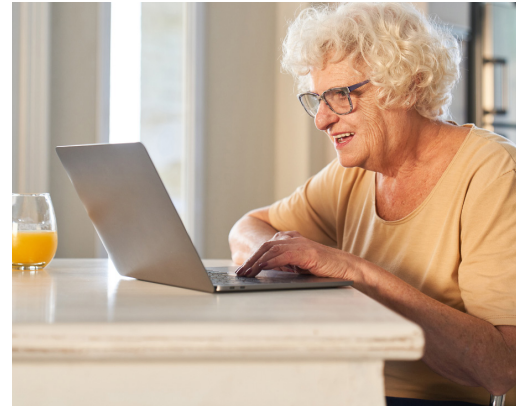


## Stay Alert and Aware When Online

With the online world growing at a faster rate than ever, it can be even more difficult to spot a fraudulent email or message. Learn more about how to stop suspicious activity online and how to protect yourself:

### There's always something new to learn:

No matter our age, humans in this day and age rely more and more on computers. Whether communicating with others or ordering your favorite products, the internet has a part in our lives. Staying up to date on technology and increasing your knowledge can help to keep your personal information safe online.



### There's a prize or a problem:

Some of the most typical ways that hackers or scammers will influence your actions is through a prize or a problem. Prizes will often include some sort of quick pop-up advertisement stating that you are a "WINNER!" While this may seem like something to celebrate at first, it is important to take a closer look. These types of frauds might also ask you to send in money to cover taxes or administrative costs, or to require attending a meeting to collect that prize. These may also come in the form of an email or message of some sort. Often the message will be vague but have a clear sense of urgency and even aggression to them. This should be the first sign that tells you that this could be a fraud or some sort of scam. Remember, you should never click on any links, give any money, or share any financial information.

### Dependable domains and URL names:

Checking a domain or URL is a quick way to tell if something is cyber fraud or a scam. A link is one of the fastest and easiest ways that scammers and hackers can gain access and steal vital personal information. Learn how to spot the subtle differences in how a domain or URL is written out. Some examples include:

- Problems with spelling
- Inconsistent or incorrect punctuation
- Incorrect grammar or awkward phrasing

### Spell check:

Often enough, those committing cyber fraud do not live in the U.S. or other English-speaking countries. As previously stated, you can thwart scammers by paying close attention to what they've written—keep a close eye out for errors or inconsistencies. It is also important to double check for grammar mistakes as well. Uncapitalized letters or misused punctuation can easily let you know that what you are reading likely did not come from an honest source.

### About Mount Carmel Care Center

Mount Carmel Care Center in Lenox, MA is committed to providing a welcoming, person-centered environment and atmosphere of a "Home." Our services include rehabilitation, long-term care, respite care, and palliative care, and our community offers nutritional services, a variety of therapy options, and health education and support services for residents and families. Mount Carmel Care Center's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.

