

Steps to Reducing SPAM in Your Inbox

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Spam first made its mark in the world in 1978 when Gary Thuerk, Marketing Director of Digital Equipment Technology sent an email solicitation to 400 employees at Arpnet. The email created a few sales, but it also created fierce backlash. Today, more than 180 billion spam messages are sent out each day to over 1 billion Internet users. This staggering statistic makes it clear why spam is such a major problem for Internet users. Many companies are working hard to solve the spam problem, but the first step to stopping spam starts with the consumer.

By following the steps below, Internet users can reduce the number of spam email messages they receive in their inbox.

Before an Invasion of Spam

Software:

Choose email providers that offer built-in spam protection services. Look for service providers that promote a high success rate of blocking spam email.

Spam Filters:

Spam is a cat and mouse game. Spammers are constantly looking for ways to bypass filters. Regularly check your spam filter software if you're using non-web based email to make sure it is up to date. If you're using web-based email, make sure your webmail provider is working hard to protect you from spam.

Improve Security:

A firewall may be one of the most important applications on a computer. It acts as a barrier between hackers and the computer, and prevents access to unauthorized information.

Limit Email Dispersal:

When performing online transactions, thoroughly scan the page for any checked and unchecked boxes. Some companies will word these boxes in a way to increase the likelihood of a consumer opting-in to their email campaigns.

Shop From Known Vendors:

Shopping from known vendors can greatly reduce the threat of spam email. Many companies are guilty of selling email addresses to third parties, which are then used for spam. The company's privacy policy is supposed to list their intended uses of your personal information, such as whether they will sell your email address to third parties. Consumers can check the Better Business Bureau's and the FTC's (Federal Trade Commission) websites for lists of reputable companies and for lists of violators.

Once Spam Becomes a Problem

Internet users should avoid opening spam. It should be immediately deleted. Pay close attention to the senders email address as most spammers use deceptive subject lines intended to promote opening. If opened, avoid attachments, which may contain viruses, and do not purchase goods or donate to charities solicited in the message. Many spam email messages will have unsubscribe links at the bottom of the message, as dictated by the CAN-SPAM Act.

If consumers find themselves with an inbox full of spam, they can also report the spam emails to their Internet Service Provider.

There are numerous companies and organizations designed to regulate the Internet and protect users. But, it is important that Internet users are informed of the threats of spam. By following the stated suggestions and by not falling victim to the ploys of spammers, users can help put spammers out of business, and keep their inbox free of junk email.

About the Author

Ryan Pitylak helps email users [stop spam](#). Be protected from spam with revolutionary [anti spam software](#). Revolutionary anti spam software available at <http://www.otherinbox.com>.