

PARCEL TEXT? TAKE YOUR TIME.

A real parcel company will not mind if you check first.

It may be a scam if it:

- says there is a **problem**, a fee, or a missed delivery
- asks you to **click a link** or pay a small amount
- tries to hurry you: “Act now” or “Today only”
- comes from an odd-looking number or has spelling mistakes
- mentions a parcel you were not expecting

If you are not sure:

1. **Do not click the link.**
2. **Do not reply.**
3. Put the kettle on and take a moment.
4. Ask family or a trusted friend to look at it.
5. Or type the parcel company’s name into Google yourself, and use the number on its official website.

If you clicked or paid:

Do not feel embarrassed. It happens to many people.

Call your bank straight away using the number on the back of your bank card.

Then call:

(Family member / trusted friend)

When in doubt: STOP • CHECK • ASK