

PRINTABLE GUIDE

Reduce unwanted calls on your phone

Phone controls can reduce interruptions but cannot guarantee that every scam call disappears. Criminals can use different or spoofed numbers. Combine blocking with a habit of checking unexpected requests independently, especially when money or account access is involved.

iPhone or Android | 2 min read | 5 steps

Before you start

- ☐ Save important contacts and check how to access voicemail.
- ☐ Keep unknown-call filtering off when you need an expected call from an unsaved number.

1. End a suspicious conversation

Hang up if asked to reveal security codes, install remote-access software or move money urgently. Do not rely on the caller's displayed number as proof of identity.

- ☐ Done this step

2. Block a specific number

On newer iPhones, review Settings, Privacy & Security, Blocked Contacts; older versions offer Block this Caller in a recent call's details. Android alternative: in Google Phone, open call history and choose Block/report spam for the number.

- ☐ Done this step

3. Review screening choices

Check your phone's call settings for available screening, spam identification or unknown-call controls. Features depend on model, software, region and network. Read what each control does before enabling it.

☐ Done this step

4. Keep genuine callers reachable

Ask a trusted contact to call and check that it rings. Review voicemail and missed calls regularly. A clinic or delivery driver may use an unfamiliar number.

☐ Done this step

5. Verify any important claim

Call the organisation through its genuine app, card or official website. If you disclosed banking information or made a payment, contact your bank promptly using its genuine number.

☐ Done this step

Try it for yourself

Locate your blocked-number list without blocking an important contact.

☐ I tried the task.

My notes

Why do calls continue after I block a number?

Callers can change or spoof numbers. Blocking limits that displayed number; it does not establish who is calling or remove all future scams.

Official help and the online guide

Apple blocking and screening controls -

<https://support.apple.com/en-gb/guide/personal-safety/ipsac1e87c54/web>

Google Phone blocking controls - <https://support.google.com/phoneapp/answer/6325463?hl=en>

Read online: <https://plaintech-guides.pages.dev/guides/reduce-unwanted-calls-on-your-phone/>