

PROMOTING *Healthy & Fulfilling Lives*

What can you do to celebrate your friends during Corona Virus? Write them a note, give them a call, and send them a note? Call an old friend that you have not talked to in a while. January 18 is the Birthday of Winnie's author—A.A. Milne. Lets "care too much" and LOVE each other. If you need an address of a friend from the center, give us a call.



**Health Tip:** What should I do if I have had close contact with someone who has COVID-19?

Be alert for symptoms. Symptoms may appear 2-14 days after exposure to the virus. Symptoms: Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea. **Call PC Health Department for vaccine or more information at (910)259-1230**

## BE AWARE of SCAMS

Here are five common red flags that experts say could signal a stimulus check scam.

- 1. Unsolicited calls or email.** Remember, government agencies "won't call, text, email, or contact you on social media to ask for your Social Security, bank account or credit card number," Leach says. Again, if you receive messages asking for this information, it's likely a scam.
- 2. Messages that ask to "verify" or provide information.** "The IRS will not call, text or email anyone to verify their information. The Social Security Administration will not call and ask you to verify your SSN. Do not give out your information over the phone!
- 3. High-Pressure tactics.** Another big tipoff that a call or message is from a scammer is if they say that they need sensitive information right away, according to Moody's office. It's usually a red flag if something needs to be done immediately or if there are threats that you'll lose your stimulus payment if immediate action is not taken.
- 4. There's a fee involved.** A common scam that popped up during the last round of stimulus checks is fraudsters offering payments faster, or even additional funds, for a small "processing fee" — typically using a prepaid debit or gift card, according to the BBB Scam Tracker. But the FTC's Leach says there's no such thing as getting your money early, even by paying a fee. "Anyone who says they can hook you up now (or soon) is both lying and a scammer," she says.
- 5. Lookalike checks.** One of the scams that experts say will likely re-emerge during the second round of stimulus payments is phony checks.