

Mobile and Phone Number Protection

Protect the phone number that many accounts use for recovery and alerts.

Audience	Phone users, caregivers, older adults, and families with shared plans.
Purpose	Reduce SIM swap, account recovery abuse, and mobile account risk.
Best use	Use when setting up a new phone or reviewing a family phone plan.

Warning signs

<input type="checkbox"/>	Phone suddenly shows no service or SOS only.
<input type="checkbox"/>	Carrier sends an alert about a SIM change you did not request.
<input type="checkbox"/>	Accounts send password reset or new device notices.
<input type="checkbox"/>	Someone asks you to read a code from a text message.

Protection steps

<input type="checkbox"/>	Add a carrier PIN or passcode.
<input type="checkbox"/>	Ask the carrier about number transfer lock.
<input type="checkbox"/>	Use an authenticator app when possible instead of text codes.
<input type="checkbox"/>	Update the phone and apps.
<input type="checkbox"/>	Review app permissions and remove unused apps.

Keep this guide near the device or account it protects. Small habits make a real difference when they are repeated.