

1. Don't post your email address on websites, forums, mailing lists, etc.
2. Create a disposable email address at a free provider such as gmail.com. If you are required to provide an email address to join a forum, etc, use this address instead of your real one.
3. If you have to post your real address for some reason, obfuscate it so that it is still readable by a human, but not easily recognisable as an email address by a spider. e.g. info at spamgate dot co dot nz rather than info@spamgate.co.nz
4. Don't ever reply to spam, or click on any links in spam emails - if possible, don't even open them.
5. Don't ever buy anything from a spammer - their offer is probably a scam, and even if you do get the goods you bought from them, and they are genuine, it only encourages the spammers.
6. Have good anti virus software installed and keep it up to date. Have your computer's firewall turned on.
7. Beware of phishing schemes - these are attempts by crooks to get you to give them sensitive personal information. Be very wary of any email that appears to come from your bank, and if you're told you've won a large sum of money it's almost certainly a scam.
8. Treat your personal details with respect - be careful who you share them with. Ask yourself why they need them?
9. Get a Spam Gate!
10. If you have a Spam Gate and the odd spam email is still getting through, you can alert your Spam Gate to be more vigilant to these by forwarding them to spam@myspamgate.net.