



Commonwealth Bank of Australia — phishing email SCAMwatch radar

SCAMwatch is warning consumers to continue to be wary of unsolicited emails that appear to come from well-known businesses and financial institutions. Scammers trick unsuspecting victims into providing personal details so that they can steal your money or your identity!

We have received numerous reports about consumers receiving unsolicited emails that look like genuine emails from the Commonwealth Bank. A number of different bogus emails, many featuring the bank logo, are doing the rounds. Some are requesting that:

- consumers participate in an online survey by offering money or prizes
- update their account details
- activate their bank or credit card
- verify unusual transactions or
- provide account information to qualify for fee refunds or unlock frozen accounts.

In these emails the scammer will request the consumer to provide their credit card/bank details to receive the money or prizes, confirm personal information, or request consumers' account number and PINs to update their information or unlock their account. Instead, the scammer will use these details to steal money or commit identity fraud.

If you receive these emails, or any other unsolicited emails that appear to come from a company, banking institution or agency, do not follow any of the links in the email because this can result in unwanted downloads to your computer.

Remember that reputable companies and banks will never ask you to provide your personal banking details via an email.

For more information about this phishing scams, refer to the security alert issued by Commonwealth Bank at <http://www.commbank.com.au/about-us/news/media-releases/2009/200509-email-scams.aspx>

Warning signs

- Emails look like genuine emails from the Commonwealth Bank. Some emails even include the Commonwealth Bank logo.
- Emails will warn of a fake security scare that has led to your account being frozen and will request personal details, including information about your bank accounts, credit cards and PIN or password to unlock your account.
- You will be asked to verify an unusual transaction, such as one to Africa.

- Scammers will ask you to provide your personal information or your bank account details so that you can claim a prize or receive money after you have completed their online survey.

Protect yourself

- Never send your personal, credit card or banking details over the phone in response to unsolicited emails; do not enter your details on any website unless you are certain that the website is genuine.
- If you receive unsolicited emails, delete them immediately!
- Don't open any attachments, click on any links or reply to these emails.
- If in doubt, always contact the business, government agency or bank to verify that the request is genuine. Never rely on contact details provided in unsolicited emails. Instead, find these contact details independently. You should contact the Commonwealth Bank via hoax@cba.com.au if you are concerned about any suspicious emails you have received from the Commonwealth Bank.
- If you have provided your banking details as a result of this email, report the incident to your banking institution immediately.
- Keep your computer updated with the latest anti-virus and anti-spy ware software. Also, use a good firewall.

Report

You can report the matter to the ACCC Infocentre on 1300 302 502 or report a scam through the SCAMwatch website.

More information

The Commonwealth Bank provides more information about what you can do to protect your personal information at <http://www.commbank.com.au/security-privacy/online-security/latest-security-alerts.aspx>

Explore SCAMwatch to find out more about phishing scams, learn how you can protect yourself against scammers or to report a scam.

Source:

<http://www.scamwatch.gov.au/content/index.phtml/itemId/762388>

Safety first

The Department of Broadband, Communications and the Digital Economy is pushing five simple tips Australian computer users should follow as part of National E-Security Awareness Week which runs until Friday June 12. Tips include getting a stronger password and changing it at least twice a year, downloading security software and updating it regularly, being wary of links or attachments from unknown sources, and being careful about what you give away about yourself and others online. The awareness week wraps up this Friday.

www.staysmartonline.gov.au

Source: *Canberra Times*

Please assist our police by reporting all suspicious activity to: **CRIME STOPPERS** use: **1800 333 000**.

For police attendance use: **131 444**.
But, for all life-threatening emergencies use: **“0 0 0”**



Swine Influenza (Flu)

Thursday, 30 April 2009 08:30

Swine Flu is a respiratory disease of pigs caused by type A influenza that regularly cause outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with Swine flu do occur. A recent outbreak in Mexico has caused 80 deaths. There have now been reported Swine flu cases in the USA, Canada and New Zealand and possible cases in Spain and the United Kingdom.

The WHO (World Health Organisation) has declared the outbreaks an international public health emergency and has recommended all countries intensify surveillance for unusual outbreaks of influenza-like illness and severe pneumonia. There are currently no reported cases in Australia.

The CDC (Centres for Disease Control and Prevention, USA) has published information requesting that in order to prevent the spread of Swine flu we all have the responsibility to act in a conscientious way.

Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year. (Please consult with your medical practitioner). However good health habits like covering your cough or sneeze and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. Do not go on local public transport or airplanes. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Practise other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you develop flu like symptoms consult your medical practitioner immediately.

Content Source: www.cdc.gov | www.who.int | World News Australia

Source:

http://www.nhwa.com.au/index.php?option=com_content&view=article&id=42:swine-influenza-flu&catid=3:latest-news&Itemid=78

You can keep up to date on the swine flu outbreak at www.healthemergency.gov.au Ed.

The ACT Neighbourhood Watch Inc (Association) Annual General Meeting

All members of NHW are invited to attend the Annual General Meeting of NHWACT to be held on

Thursday 13 August

at the

Ainslie Football & Social Club,

52 Wakefield Avenue, Ainslie,

commencing at **7.30 pm**.

Guest speaker is Commander Kevin Zuccato, Deputy Chief Police Officer

Neighbourhood Watch 25th Anniversary

A dinner to celebrate the 25th anniversary of Neighbourhood Watch in the ACT is to be held in the Olympus Room, Hellenic Club, Phillip on Wednesday **23 September 2009 7pm for 7.30pm start.**

There will be a 2 course dinner with VIP guests attending. Drinks will be available from the bar.

Dress is strictly lounge suit for men and after 5 for women.

The community and all members and past members of ACT Neighbourhood Watch Inc (Association) are invited to celebrate the occasion of the 25th anniversary of Neighbourhood Watch in Canberra.

The cost is \$30 per person and is to be paid upon booking. Bookings and payment by cheque or money order payable to ACT Neighbourhood Watch Inc (Association) can be made to Brian Schiller 62861138 or Ursula Macdermott 62810673.