

Reduce Junk Mail

You can take action to reduce the amount of junk mail you receive. The Direct Marketing Association can remove your name from a large percentage of mailing lists. These may include flyers and advertising supplements, catalogs, mail-order lists, pre-approved offers of credit, sweep stakes and prizes. Be sure to include your full name, including any variations such as Jane Smith, Mrs. Jane Smith, Mrs. John Smith, J. Smith, etc. The service is updated quarterly, so it may take a few months before you begin to see results.

Send your request to: Mail Preference Service Direct Marketing Association PO Box 643 Carmel, NY 10512

- [For additional information and forms to submit removal requests.](#)

This information is provided by the Oregon Department of Justice.