NO STRESS HOME TECH

Need Computer Help? Follow These Simple Steps

Before you begin

1. Telephone the family member you trust.

2. Open Quick Assist on your Windows PC.

3. Ask them for a six-digit code.

4. Enter the code, select Submit, then Allow screen sharing.

5. Let them explain what they are doing. Approve control only if you agree.

6. Select Leave to end the session.

Keep yourself safe

• Never allow access because of an unexpected call or pop-up warning.

• You can refuse or stop a connection at any time.

• Never share passwords or banking verification codes.

Trusted helper's name: _____

Telephone number: _____

Other useful notes: _____

_____

Free family help: nostresshometech.co.uk/family-remote-help