

# What to do if your identity is stolen

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Connect to a guide that can help you prevent and recover from identity theft.

If someone uses your personal or financial information without your permission, that is identity theft. Identity theft happens when someone steals your information to do things like:

- Get IDs in your name
- Buy things
- Get benefits
- File taxes
- Take out loans in your name
- Commit other kinds of fraud using your name or identity information

You can take steps to protect yourself from identity theft. If you're a victim of identity theft, you can repair and prevent further damage to your identity or credit, **including avoiding criminal charges**. This guide by the Federal Trade Commission (<https://www.identitytheft.gov/>) includes sample letters and links to an interview that will create a Recovery Plan for you.

**WashingtonLawHelp.org** gives general information. It is not legal advice.

Find organizations that provide free legal help on our [Get legal help](#) page.

<https://assets.washingtonlawhelp.org/en/what-do-if-your-identity-stolen>