

Consumer Information Catalog

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education

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[Smart Saving for College: Better Buy Degrees](#). **5823. Free** Covers 529 Plans, Coverdell Ed. Savings Accts, Savings Bonds. 24 pp. 2010. SEC. (en español. 8301)

employment

[Catch the Spirit : A Student's Guide to Community Service](#). **5483. Free** Ideas, info on how young people can make their community a better place. 12 pp. 2011. FCIC.

[Getting Back to Work: Returning to the Labor Force After an Absence](#). **1339. \$4.50** Provides useful information on how to successfully re-enter the workforce. 14 pp. 2005. DOL.

[Job Dislocation: Making Smart Financial Choices after a Job Loss](#). **6087. Free** Tips on how to keep finances on track, manage benefits and avoid fraud. 7 pp. 2010. FCIC. (en español. 8280)

[Résumés, Applications, and Cover Letters](#). **1207. \$2.75** Guides help you prepare a cover letter, résumé. 13 pp. 1999. DOL.

family

pets

[Pet Turtles: A Common Source of Salmonella](#). **6047. Free** Turtles carry salmonella, which can make you very sick. Learn how to avoid infection from pet turtles. 5 pp. 2008. FDA.

federal programs

[Your Social Security Number and Card](#). **5410. Free** Explains why we have Social Security numbers, when and how to get one. 14 pp. 2012. SSA. (en español. 8285)

benefits

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[Federal Benefits for Veterans, Dependents and Survivors](#). **1050. \$5.00** Explains disability, pension, health care, education & housing loans. 177 pp. 2012. VA.

[Social Security: Understanding the Benefits](#). **5298. Free** Provides details of retirement, disability, survivor benefits, Medicare, Supplemental Security Income. 21 pp. 2013. SSA. (en español. 8297)

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food

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health

[5 Things to Know About Breast Implants](#). **6134. Free** Risks, researching products, talking with your surgeon, watching for potential problems. 2 pp. 2013. FDA.

[Antibiotic Resistance](#). **5962. Free** The more often you use an antibiotic, the more likely germs will become drug resistant. Learn what to do to minimize this problem. 2 pp. 2010. FDA. (en español. 2002)

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[Health Scams](#). **6071. Free** Learn to recognize scams before you get taken. Includes examples of typical health scams. 4 pp. 2010. FDA. (en español. 8254)

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drugs & health aids

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[Medicine and Pregnancy](#). **5877. Free** You can safely use many medicines while pregnant or nursing. Use this guide and talk to your doctor. 2 pp. 2012. FDA.

[Menopause & Hormones: Purse Guide](#). **5792. Free** Questions to ask your doctor about hormone therapy for help with menopause. 2 pp. 2010. FDA. (en español. 5793)

[Menopause—Medicines to Help You](#). **6000. Free** Learn about the three types of hormone replacement therapy and their side effects. 10 pp. 2010. FDA.

[My Medicines](#). **6078. Free** Easy-to-follow guide with questions to ask your doctor and a chart to keep track of your medications. 6 pp. 2010. FDA. (en español. 8262)

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exercise & diet

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medical problems

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[The Flu. 5796. Free](#) The flu usually appears without warning signs. Learn symptoms, types of vaccines available, who is at risk. 2 pp. 2010. FDA.

[HPV. 6002. Free](#) Half of all sexually active people will get genital HPV. Find out about cervical cancer, other diseases caused by HPV. 2 pp. 2011. FDA. (en español. 2022)

[Osteoporosis. 5968. Free](#) Lifestyle changes and medications can help slow the progression of this disease, which affects mainly women and causes weak bones that break easily. 2 pp. 2009. FDA.

[Sleep Problems. 5955. Free](#) Discusses insomnia, snoring, sleep apnea and daytime sleepiness. Describes treatment options, tips for better sleep. 2 pp. 2009. FDA.

[Women and HIV. 6003. Free](#) How the AIDS-causing virus affects women, how to avoid it. 2 pp. 2012. FDA. (en español. 2042)

housing

financing & sales

[Act Fast to Avoid Foreclosure. 6116. Free](#) What to do when you can't afford your mortgage payment. Lists what you need to have in hand when you make the call for help. 2 pp. 2012. CFPB. (en español. 8324)

[Beware of Foreclosure Rescue and Loan Modification Scams. 6073. Free](#) Describes common scams, signs, whom to contact. 2 pp. 2009. FDIC. (en español. 8260)

[Considering a Reverse Mortgage? 6107. Free](#) Important questions to ask when you talk to a housing counselor about your reverse mortgage options and alternatives. 4 pp. 2012. CFPB. (en español. 8333)

home maintenance

[Flood Preparation and Safety. 6064. Free](#) What to do before & during a flood to protect possessions & stay safe. 10 pp. 2007. FEMA.

[FloodSmart, Know Your Risk. 5762. Free](#) Home owners can buy flood insurance. Learn requirements. 14 pp. 2009. FEMA.

[How to Recognize Hazardous Defects in Trees. 1300. \\$1.75](#) ID and fix cracks, decay, root problems that may cause a tree to topple or limbs to fall. 19 pp. 1997. USDA.

money

[2013 Consumer Action Handbook. 5131. Free](#) Helps with purchases, problems, complaints. Lists agency & organization contacts. 156 pp. 2013. FCIC. (en español. 8202)

[ASK CFPB. 6117. Free](#) Two bookmarks highlighting the Consumer Financial Protection Bureau's "Ask the CFPB" and "Tell Us Your Story" programs. 2 pp. 2012. CFPB. (en español. 8327)

[Banking in a High-Tech World. 6147. Free](#) Protecting credit and debit cards, what happens when criminals hack into online banking services, using technology to manage finances. 8 pp. 2013. FDIC.

[Big Purchases, Big Decisions. 6101. Free](#) Tips for buying bank CDs, risks of market-linked CDs, lowering college loan costs, getting a car loan. 8 pp. 2012. FDIC.

[CFPB Office of Older Americans. 6109. Free](#) How CFPB empowers older Americans to make sound financial decisions and enforces consumer protections for them. 2 pp. 2012. CFPB. (en español. 8326)

[CFPB Office of Servicemember Affairs. 6110. Free](#) How CFPB helps service members facing deployment, transfer, emergencies. 2 pp. 2013. CFPB. (en español. 8355)

[Consumer Financial Protection Bureau—CFPB. 6105. Free](#) How the CFPB empowers consumers through education, market supervision, law enforcement. 2 pp. 2012. CFPB. (en español. 8319)

[Do You Know If You Have Opted in for Debt and ATM Overdraft Coverage? 6114. Free](#) What you must know about debit card and ATM overdraft coverage. 2 pp. 2012. CFPB. (en español. 8330)

[Doing Business with the CFPB: A Guide for Small Businesses. 6151. Free](#) Info for small businesses on finding opportunities, selling to, and working with CFPB, other federal agencies. 31 pp. 2013. CFPB.

[Financial Tips for Seniors. 6154. Free](#) Quick tips for protecting your finances, avoiding scams, researching pros and cons of reverse mortgages, helping relatives while avoiding risks. 12 pp. 2013. FDIC.

[For Young Adults and Teens: Quick Tips for Managing Your Money. 6121. Free](#) Offers simple strategies and practical guidance for borrowing, saving, banking and avoiding scams. Discusses student and auto loans, credit cards, credit history, smartphone banking, tips for parents 12 pp. 2012. FDIC.

[Getting the Most From Your Bank Account. 6104. Free](#) How to choose the right account for your everyday needs, things to consider before changing banks, the risks of adding others to your accounts, the differences between debit, credit and prepaid cards. 8 pp. 2012. FDIC.

[Guide to Disability Income Insurance. 6042. Free](#) How a disability can affect one's finances, sources of disability income, what insurance covers, what to look for in an insurance plan. 19 pp. 2013. USDA.

[Guide to Long-Term Care Insurance. 5879. Free](#) Learn costs, limitations of insurance covering services for the chronically ill or disabled. 20 pp. 2013. USDA.

[How to Submit A Complaint. 6137. Free](#) How to submit a complaint to CFPB about banks, credit cards, credit reporting, loans, more. 5 pp. 2013. CFPB. (en español. 8349)

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[Money Smart for Older Adults: Prevent Financial Exploitation. 6141. Free](#) Large-print guide with information on frauds, scams and other forms of elder financial exploitation. 55 pp. 2013. CFPB.

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[Moving Your Checking Account Checklist. 6112. Free](#) A 10-step checklist for closing your current checking account and opening a new one. 2 pp. 2012. CFPB. (en español. 8329)

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[Need Help With Your Mortgage? Don't Get Scammed. 6143. Free](#) Describes what mortgage relief scams are and gives tips on how to spot and avoid them. 5 pp. 2013. CFPB. (en español. 8353)

[Practical Solutions for Protecting Your Money. 6127. Free](#) FDIC deposit insurance categories, Q&As on billing errors, debit card fraud, credit reports & mortgages, how to stop a payment, latest tips on safe mobile banking. 8 pp. 2013. FDIC.

[Protecting Your Finances if a Disaster Strikes: Are You Prepared? 6097. Free](#) Ensure home, valuables are insured, documents are protected. How to access cash, ID in case of disaster. 8 pp. 2011. FDIC.

[Save Some & Spend Some. 6108. Free](#) Free and easy ways to split your tax refund between accounts so you can spend some and save some of your money. 1 p. 2013. CFPB. (en español. 8321)

[Shop and Save at the Bank: A Buyers Guide to Finding the Right Loan, Credit Card or Deposit Account. 6096. Free](#) Get the best mortgage, car loan, credit card, bank account. 8 pp. 2011. FDIC.

[Unwrapping Gift Cards. Know the Terms and Avoid Surprises. 6144. Free](#) Learn how gift cards work, your rights as a consumer, and how to avoid surprises like fees and expiration dates. 4 pp. 2013. CFPB. (en español. 8354)

[What You Should Know About Buying Life Insurance. 5460. Free](#) Describes various types with tips on choosing a company, an agent, and a policy that meet your needs. 7 pp. 2010. FCIC. (en español. 8320)

[You Can Organize and Simplify Your Financial Life: A How-To Guide. 6094. Free](#) Discusses ways to streamline money management, from automatic bill-pay to consolidating accounts. 12 pp. 2011. FDIC.

[You Have a Right to See Specialty Credit Reports. 6139. Free](#) Specialty credit reporting companies are collecting data about you. You should get and review your free annual report! 4 pp. 2013. CFPB. (en español. 8351)

[Your Disaster Checklist](#). **6140. Free** A checklist to help you gather the financial information you would need after an emergency. 4 pp. 2013. CFPB. (en español. 8352)

credit

[Act Fast if You Can't Pay Your Credit Cards](#). **6115. Free** What to do if you can't pay your bill. How to avoid debt-counseling scams. 2 pp. 2012. CFPB. (en español. 8323)

[Check your Credit Report](#). **6106. Free** How to check your credit report to find/fix mistakes, update information, guard against ID theft. 2 pp. 2013. CFPB. (en español. 8331)

[Credit Discrimination is Illegal](#). **6111. Free** Warning signs of credit discrimination; what to do if you believe you're a victim. 2 pp. 2013. CFPB. (en español. 8325)

[How to Find the Best Credit Card for You](#). **6138. Free** Compare offers before applying for a card to get the best one for your needs. 4 pp. 2013. CFPB. (en español. 8350)

[How to Stop Mystery Credit Card Fees](#). **6136. Free** Add-on services are optional and cost more. Watch out for these extra fees. 1 p. 2013. CFPB. (en español. 8348)

[Identity Theft and Your Social Security Number](#). **5885. Free** Learn how to prevent crooks from using your SSN to steal your identity, and what to do if you've been victimized. 8 pp. 2012. SSA. (en español. 8287)

[Pay Attention to Your Credit Report](#). **6118. Free** Steps to get and keep a good credit score. Find out what helps and what hurts your credit score. 2 pp. 2012. CFPB. (en español. 8332)

investing & saving

[A Guide for Seniors: Protect Yourself Against Investment Fraud](#). **6014. Free** How to check out a sales pitch, signs of fraud, what to know about "senior" advisors. 18 pp. 2013. SEC. (en español. 8263)

[Ask Questions: Questions You Should Ask About Your Investments](#). **5790. Free** What to ask about investment products, your broker's history, investment performance. 16 pp. 2010. SEC. (en español. 8178)

[Bank Accounts Are Changing](#). **6089. Free** Strategies for keeping checking and savings costs down. 8 pp. 2010. FDIC.

[Fighting Fraud 101: Smart Tips for Investors](#). **6040. Free** Retirees are frequent targets of fraud. Learn the psychology of a scam, and how to protect yourself. 3 pp. 2011. SEC. (en español. 8255)

[How SIPC Protects You](#). **5738. Free** Learn how the Securities Investor Protection Corporation works to return your assets if your brokerage firm goes bankrupt. 10 pp. 2010. SEC. (en español. 8214)

[Mutual Funds: A Guide for Investors](#). **5783. Free** How to compare funds, what to consider before buying, how to avoid pitfalls. 28 pp. 2010. SEC. (en español. 8282)

[Saving and Investing: A Roadmap to Your Financial Security Through Saving and Investing](#). **5744. Free** Tips, worksheets to calculate net worth, income, expenses. 27 pp. 2010. SEC. (en español. 8177)

[Smart Bond Investing](#). **6120. Free** Helps bond and bond fund investors, and those considering bonds, understand critical characteristics and risks. 66 pp. 2013. SEC.

[Your Insured Deposits](#). **5833. Free** Tells which bank accounts qualify for federal deposit insurance coverage, how to have multiple accounts covered. 25 pp. 2011. FDIC. (en español. 8207)

retirement planning

[Savings Fitness: A Guide To Your Money and Your Financial Future](#). **5664. Free** How to create a savings plan, prepare to retire. 20 pp. 2010. DOL. (en español. 8296)

[Taking the Mystery Out of Retirement Planning](#). **5946. Free** Worksheets to help you figure out how much money you need to retire, how to make your funds last. 68 pp. 2010. DOL. (en español. 8299)

small business

[Building an Inclusive Workforce](#). **6070. Free** Advantages of hiring people with disabilities, and 4 simple steps to help you accomplish this goal. 13 pp. 2013. DOL.

[Minding Your Own Business: Banking Tips for Small Companies](#). **6100. Free** Tips for small business owners about loans, cash flow, fraud. 8 pp. 2012. FDIC

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DOL	Department of Labor	HHS	Department of Health & Human Services
FCIC	Federal Citizen Information Center	SEC	Securities & Exchange Commission
FDA	Food & Drug Administration	SSA	Social Security Administration
FDIC	Federal Deposit Insurance Corp.	TREAS	Department of the Treasury
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