What Does Spam Mean? Types of Spam and How to Protect Yourself

E-mail · https://www.hyyat.com/en/knowledgebase/what-is-spam/

In short: Spam is unwanted messages sent in bulk without the recipient's permission, usually for advertising or fraud, by email, comments or text messages. The best protection is a spam filter, not publishing your email address publicly, and never clicking suspicious links.

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What is spam?

Spam is any unsolicited message sent to a large number of people at once. Most spam is advertising, but a large share is fraud: fake prizes, fake invoices, or messages that try to steal your passwords or install malware on your device.

Where does the word come from?

The term comes from a well-known British comedy sketch in which the word "Spam", the name of a canned meat product, is repeated over and over until it drowns out every other conversation. Early internet users borrowed the word for messages that flood inboxes and forums in the same way.

Main types of spam

- **Email spam:** bulk advertising emails you never signed up for.
- **Phishing:** messages that pretend to be from your bank, hosting company or a known service to steal your login details.
- **Comment spam:** automated comments on blogs and forums full of links to other sites.
- **SMS spam:** unwanted text messages with offers or suspicious links.
- **Social media spam:** fake accounts and messages that spread links or scams.

Why is spam harmful?

- It can carry malware or links to fake login pages.
- It wastes time and can hide important messages.
- For businesses, it uses server resources and can damage the reputation of your domain.

How to protect your inbox

1. Use an email service with a good spam filter.
2. Do not publish your email address openly on your website; use a contact form instead.
3. Never click links or open attachments in messages you did not expect.
4. Do not reply to spam or use "unsubscribe" links in suspicious emails, as this confirms your address is active.
5. Mark unwanted messages as spam so your filter learns from them.

Tips for website owners

- Add **SPF, DKIM and DMARC** records to your domain so other servers can verify your emails and fewer of them land in spam folders.
- Protect your forms with a CAPTCHA and your blog comments with an anti-spam plugin.
- Keep WordPress and plugins updated so attackers cannot use your site to send spam.

Hyyat Host email hosting includes spam filtering to keep your business inbox clean.

Related guides

- Microsoft Outlook settings for using email
- How to Create a New Email Account on Your Domain

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