



The Everyday Privacy Checklist

6 practical steps to reduce tracking and personal exposure

Why this matters

Your address, public posts, and photo locations can reveal where you live and your family's routines. These checks help you limit what strangers and companies can learn about your household.

Tick each box after reviewing it, then save a copy.

YOUR PUBLIC INFORMATION

☐ 01 Find and remove people-search listings ^[1]

Search your name and city, phone number, and home address. Request removals through each site's official opt-out page. Verify the domain before supplying ID. Listings may return; public records remain.

Done means: Listings checked; removal requests submitted where needed.

☐ 02 Review personal details in Google Search ^[2]

Use Google's Results about you to request eligible removals of exposed contact details. Removal from Search does not delete the source page. Monitoring is optional; availability varies.

Done means: Results reviewed or a removal request submitted.

☐ 03 Review what your public profiles reveal ^[3]

View your profile while signed out, or use its public-view feature. Review posts, tags, and audience settings. Remove addresses, birth dates, schools, or routine details you do not want public.

Done means: Public view checked again after changes.

Keep a small follow-up list

Save the site, request date, and next check date. These steps reduce routine exposure; they do not make you anonymous or stop public cameras recording you.

Official help links for both pages

[1] FTC: people-search opt-outs

[2] Google: Results about you

[3] FTC: online tracking

[4] Apple: privacy and location

[5] Android: location permissions

[6] Apple: app tracking

[7] Android: ad privacy

[8] Apple: photo location metadata

[9] Google: photo location sharing

Reduce what you share

Review the phone you use every day. Settings names vary by device.

YOUR PHONE AND PHOTOS

☐ **04 Limit apps that can see your location** ^[4,5]

Choose no access or access only while using the app, as appropriate. Turn off precise location when an approximate area is enough.

iPhone: Settings > Privacy & Security > Location Services.

Android: Settings > Location > App location permissions.

Done means: Location access reviewed for every app.

☐ **05 Turn down advertising-related tracking** ^[6,7]

iPhone: Settings > Privacy & Security > Tracking. Turn off unwanted permissions.

Android: Search Settings for Ads privacy. Review ad topics, app-suggested ads, and ad measurement.

Done means: Controls reviewed; ads and some tracking may remain.

☐ **06 Check the hidden location in your photos** ^[8,9]

Before sharing a backyard, campsite, or gear photo, check its location information. An original file can carry where it was taken.

iPhone: Photos > select photo > Share > Options > Location off.

Android: In Camera settings, turn off its location option to stop saving locations in new photos.

Google Photos: Shared album > Share > Options > Share photo locations off.

Done means: Photo details and sharing method reviewed.

Before sending an original file: Google Photos album settings do not remove location data from downloaded originals. Visible landmarks can still reveal a place.

Optional next step: keep useful knowledge offline

Explore Solomon's maps, guides, and reference tools for use without internet.

Explore Solomon Digital and Drive