

ALTERNATE DATABASE DOWNLOAD CHEAT SHEET

LO JOB: FIND IT > DOWNLOAD IT > LABEL IT > SUBMIT IT | DO NOT SCRAPE | GHSL BULK IMPORT = ADMIN ONLY

IPHONE / ICLOUD CONTACTS VCF (.vcf) PATH iCloud.com/contacts > Actions > Select All Contacts > Share > Export vCard EXPECT CRM-ready contact file.	INSTAGRAM ZIP / JSON PATH Profile > Menu > Accounts Center > Your information and permissions > Export your information EXPECT Followers / activity archive; usually no private emails or phones.
ANDROID CONTACTS VCF (.vcf) PATH Contacts app > Menu/Settings > Export > choose account > Export to .VCF EXPECT CRM-ready contact file.	MESSENGER ZIP / JSON PATH Facebook or Messenger > Settings > Accounts Center > Your information and permissions > Export your information > Messages EXPECT Conversation / relationship archive; not a participant email/phone directory.
GMAIL / GOOGLE CONTACTS CSV (.csv) PATH Google Contacts > select contacts > More actions > Export > Google CSV EXPECT CRM-ready contact file.	TIKTOK DATA ARCHIVE / JSON PATH Profile > Menu > Settings and privacy > Account > Download your data EXPECT Audience / activity data.
OUTLOOK / MICROSOFT 365 CSV (.csv) PATH People > Manage contacts / Export contacts > All contacts EXPECT CRM-ready contact file.	PINTEREST DATA ARCHIVE PATH Settings > Privacy and data > Request your data > Start request EXPECT Account / audience data.
YAHOO MAIL CSV (.csv) PATH Yahoo Mail > Contacts > More options > Export > CSV EXPECT CRM-ready contact file.	YOUTUBE GOOGLE TAKEOUT ZIP PATH Google Takeout > Deselect all > YouTube and YouTube Music > Create export EXPECT Channel / activity data, not subscriber private contact data.
LINKEDIN ZIP + CSV PATH Me > Settings & Privacy > Data Privacy > Get a copy of your data > larger archive EXPECT High-value relationship export; emails may be missing.	X ZIP ARCHIVE PATH More > Settings and privacy > Your account > Download an archive of your data EXPECT Relationship / account archive.
FACEBOOK ZIP / JSON PATH Settings > Accounts Center > Your information and permissions > Export your information EXPECT Relationship / audience archive, not a CRM-ready phone/email list.	

ROUTING RULE

HAS EMAIL OR PHONE	NO EMAIL + NO PHONE	AFTER PLURAS
Use the EZ GHSL Admin Import Template. Include Assigned LO Name, source, all contact data and Tags. LO submits; authorized admin uploads.	Social record goes on the separate Pluras Social Skip-Trace Template. Capture name, username/handle, profile URL, platform ID, city/state, company/job, relationship, tags and notes.	Matched data returns to EZ admin for validation, dedupe, consent/relationship classification and appropriate GHSL import. Enrichment does not create marketing consent.

FILE NAME: LASTNAME_FIRSTNAME_SOURCE_YYYY-MM-DD | Submit original export + correct template through the approved EZ secure method.