

# **Cease & Desist Letter**

## **What is a Cease & Desist Letter?**

A Cease and Desist Letter is a letter that requests that an individual or organization stop a specified action and refrain from doing it in the future, with a threat of legal action if the recipient fails to comply. A Cease and Desist Letter is different than a Cease and Desist Order, which is an order given by a judge to stop an illegal activity.

## **Who can send a Cease & Desist Letter?**

Anyone can send a Cease and Desist Letter.

## Cease and Desist Letters

### What Are Your Options When You Receive One?

#### What is a Cease and Desist letter?

A cease and desist letter is a document that tells a person to stop certain activities in order to avoid further legal action. This may be a notice from a landlord to demand the tenant do things like taking better care of the yard, paying rent on time, or to stop a dog from barking too much.

#### What else do I need to know?

A cease and desist letter holds no real legal weight until the issue is officially taken to court to be heard in front of a judge. The cease and desist letter is simply a common first step in initiating a legal case in court.

#### What do you do if you receive a cease and desist letter?

You have a couple of options available to you if you receive such a letter. The first option is to simply comply with the demands of the letter. This insures the quickest resolution, and if complying doesn't hurt you, this might be the best course of action. The second option is to write a response back to the sender that says why you will not be following their demands. If the demands are unreasonable or without cause, this might be the best option for you. You can send a letter back on your own or you may employ the help of a lawyer to help you write the letter. This response should be sent by mail.



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Table of Contents