

# Cyber Security Safety Tips



## Keep your computer devices healthy

- Use anti-virus and malware prevention software
- Back up your data regularly
- Keep software and operating systems up to date



## Secure your mobile devices

- Always use a password/passcode
- Lock your device or turn it off when it is not under your control
- Disable notifications on the lock screen so if someone steals your device they won't be able to use it to reset your passwords



## Keep your passwords safe

- Never share your password, not even with IT support
- Don't use the same password on multiple web sites or apps
- Avoid using or answering password recovery questions with easy-to-discover answers like mother's maiden name, home town, or father's middle name



## Be careful with your data

- Encrypt sensitive files and store them on a removable storage device
- Share as little info with web sites as possible and check out as a guest
- Don't click on or open unexpected links and attachments

*These are just a few safety tips based on best practices*