

# 7 Ways to Engage in Cybersecurity Awareness—Every Day

Cybersecurity is *everyone's* responsibility. Be aware and be engaged. Here are 7 best practices to use daily to protect yourself from cyber attacks:

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## KEEP YOUR SYSTEMS UP-TO-DATE WITH THE LATEST ANTI-VIRUS SOFTWARE

- Set up automatic updates, so anti-virus software checks for updates and scan your devices automatically.
- Reboot your systems often.

## USE UNIQUE, COMPLEX PASSWORDS

- Do not reuse passwords for different accounts.
- Change passwords at least every 90 days.
- Use a password manager to store your passwords safely.



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## USE CAUTION WHEN ENGAGING WITH EMAIL

- Do not click on or open emails with suspicious attachments or links.
- Do not send sensitive information via unencrypted emails.

## ALWAYS SECURE YOUR DEVICES

- While at work, lock your computer when stepping away from your desk.
- Lock your devices when they are not in use.
- Don't leave devices vulnerable to theft or misplace them.



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## USE SECURE CONNECTIONS

- Do not connect to public, unsecured Wi-Fi networks.
- Only connect to trusted, private networks, or VPN.

## USE SOCIAL MEDIA RESPONSIBLY

- Be mindful of what you share on social media.
- Keep your personal information personal.
- Familiarize yourself with privacy settings and make them as secure as possible.



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## ENABLE 2-FACTOR AUTHENTICATION

- Use 2-factor authentication whenever possible to keep your accounts more secure.
- It adds another layer of protection that verifies you as the user instead of an unauthorized user.