

Cyber Hygiene



Be aware of scams - don't click on links or reply to suspicious emails. Always verify the sender's address.

Use private and secure Wi-Fi connections. When not available use a VPN.

Choose unique and complex passwords. Enable multi-factor authentication on all important accounts.

Always change default passwords on cameras, thermostats, and other IoT devices to enhance security.

Apply all software updates regularly.

Assume your device is always listening. For a completely confidential meeting, power it off.

Use a physical camera cover to safeguard your privacy.

Check your credit score once a year.

Consult an expert to ensure you have the proper tools to protect your systems, communications, and users.

Ensure you have a reliable and secure backup system in place.

Ensure all your staff receives regular cybersecurity training.

We all have a role to play in staying safe!