

Summer Cyber Hygiene

Summer! Now is a great time to clean up your tech and practice good **Cyber Hygiene**.

Here are some healthy habits to help keep your devices, computers and networks in good working order.

You will need:
a pencil or pen,
your digital
device(s)

1

Change your passwords!

Update your passwords and create a unique password for each account or device. The default passwords that come with set-up instructions are easy to guess and easy to find.

A 12-character password takes 62 million times longer to crack than a 6-character password!



2

Back up your files!

Back up your photos and files to the cloud, an external hard drive, or removable media like a thumb drive.

Did you know that 30% of tech-users have never backed up their devices?



3

Update your software!

Keeping up with updates prevents systems from becoming vulnerable.

Every month, approximately 1 in 10 computers is infected with a virus.



Place a ✓
in each circle
when done!

4

Set up your high-level security features!

Take the time to set up advanced authentication features, like Biometrics. Securing a device with a fingerprint is 5 times more secure than a 4-digit PIN.

When asked to create a 4-digit PIN, 11% of users will choose 1234!



Meet a Cyber Security Specialist



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