Cyber Hygiene: Is it time for an update?

When it comes to the cybersecurity of our device, many of us turn a blind eye because the complexity can seem overwhelming. Here are simple ways to check your device to see if it's time for an upgrade.

PC/ Windows Users

Follow these simple directions to see which version of Windows you are running:

- Hold the **Windows logo** key + **R**
- Type **winver** in the search box that appears and click okay
- A box will appear showing your system information

How to check your operating system

Your operating system not only runs your computer, but has built in defenses to protect you from cyber criminals

Windows 10 is the latest

macOS Catalina is the latest

Mac/ Apple Users

Follow these simple directions to see what you are running:

- Click the **Apple Menu** button in the top corner of your screen
- Choose **About This Mac**
- A box will appear showing your system information

If you're not running Windows 10, you need to upgrade for the best built-in protection.

- Click here to let Windows scan your system to see its compatibility with an upgrade

Need an upgrade?

Use the tools provided by the companies to check what your device can support

If your results did not show macOS Catalina, you need to upgrade.

- Click here for directions on how to check for updates to your system

Get better protection for less money

The top reason to upgrade: built in security.
Windows 10 and macOS provide built in antivirus and antimalware software that reduces the need to purchase third party providers.

Software doesn't replace smart choices

No matter how much protective software you have, it will never defend more than your own smart choices. Strong passwords, internet safety and diligence in spotting phishing emails are essential for best cybersecurity.

Older devices will not support updated operating systems. Check with IT if you need a device upgrade.

CyberCompass® SECURITY

CyberCompass navigates businesses to cyber resilience across their business ecosystem of their people, processes, technology and vendors. We are a one-stop solution for a cybersecurity, compliance and privacy program.