

Cyber Hygiene: Internet Safety

Surfing the internet can be important for work, fun for a break and/or part of your relaxing time. No matter the reason, caution should be an important part of your surfing to protect your accounts and device.

Avoid questionable/ high risk sites

- Adult content, file sharing and social media sites are prone to spyware.
- Click on the padlock icon by the website to view security



Use secure browsers

- Some browsers do better than others at blocking malware and phishing attempts
- Protection rates (as of 2019)
 - * Microsoft Edge 99%
 - * Google Chrome 86%
 - * Mozilla Firefox 78%



Be wary of public WiFi

- Data accessed on an unsecure network make the data more accessible to a breach
- If you need to access private data on a public network, be sure to login to a Virtual Private Network (VPN) first.



Only download from trusted sites

- Evaluate files, apps and executables before downloading
- Check reviews from reputable sites
- Get approval from IT before adding new software



Perform updates as soon as available

- Updates are specifically designed to target and combat the latest threats
- Personal devices used for work purposes also need to be updated



Password Safety

- Use good password hygiene for all online accounts
 - * Unique passwords for every site
 - * 10 or more characters
 - * Don't use common words
 - * Use pass phrases
 - * Secure password manager

