

Cyber Security – Protect your device, protect your data!

One of the most common causes of data loss is weak “cyber security” however there are some simple steps you can take to protect yourself and your data.

- Install the latest software and app updates as soon as possible after they become available. Turn on automatic updates.
- Do not use old un-supported operating systems (Windows XP, Vista etc)
- Keep Anti-Virus and malware software updated
- Use a firewall to secure your internet connection
- Always use strong passwords
 - Use three random words to create a strong password
 - Use a strong, separate password for your email
 - Never use any of the following personal details for your password:-
 - Current partner’s name
 - Child’s name
 - Other family members’ name
 - Pet’s name
 - Place of birth
 - Favourite holiday
 - Something related to your favourite sports team
- Beware of fake websites
- Never click on suspicious links or attachments
- Don’t use public Wi-Fi to transfer sensitive information
- Always back up your most important data

Useful links

<https://www.cyberessentials.ncsc.gov.uk/>

<https://www.getsafeonline.org/>

<https://www.cyberaware.gov.uk/>