



Cyber Hygiene

BEST PRACTICES



As part of our ongoing effort to keep you and your data safe, we have provided some recommendations and best practices for cyber hygiene. Cyber hygiene is the practice of maintaining healthy digital habits to protect your devices, data, and identity from cyber threats.

Here are some key habits to adopt and reinforce that can help keep you safe in today's digital world:

USE STRONG, UNIQUE PASSWORDS

Avoid reusing passwords across accounts. Use a password manager to generate and store complex passwords securely.

ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

MFA adds an extra layer of protection by requiring a second form of verification. Enable it wherever possible.

KEEP SOFTWARE & DEVICES UPDATED

Updates often include security patches. Set your devices to update automatically or check regularly for updates.

REBOOT WEEKLY

Make it a weekly habit to reboot your device. Restarting your devices helps apply updates, clear memory, and improve performance

PRACTICE DAILY DIGITAL HYGIENE

- Lock your devices when stepping away, even for a moment.
- Avoid public Wi-Fi for sensitive tasks or when accessing personal/financial data. If public Wi-Fi is all that is available, it is recommended to connect to a VPN.
- Update passwords regularly, especially if they're weak or may have been compromised.



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