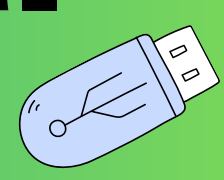


Basic Digital Safety



1 Keep your password safe.

Make your password unique and strong. Never share your password with anyone. Don't write your passwords down and use a password manager.

2 Use a secure VPN connection.

A Virtual Private Network (VPN) will ensure your anonymity on the internet, especially when using Wi-Fi in public places.

3 Use Multi-Factor Authentication (MFA).

For additional security when accessing your accounts, MFA verifies your identity by asking for multiple credentials.

4 Use Anti-virus and Anti-malware.

Install antivirus software from a reputable provider which will detect threats. Maintain optimal security by running regular updates.

5 Keep your device safe.

Keep your devices secure by using lock screens and do not leave them unattended, especially in public places. Utilise device encryption which will protect your data if your device is lost or stolen.

6 Use https.

Make sure websites are using https. This is vital for ensuring secure communication online, safeguarding privacy and maintaining integrity of data.

7 Avoid phishing scams.

Be discerning when responding to unsolicited emails or opening attachments and links. Always verify the sender's authenticity before taking any action.

8 Perform data backups.

Regularly backing up your important data and securely encrypting those backups is vital. This will protect against unauthorised access, loss of data and theft.

9 Ensure Software and Systems updates.

To prevent potential threats and protect against security risks, it is crucial to carry out regular updates and enable automatic updates for the latest fixes and features.

10 Check your Privacy Settings.

Limit the amount of information you share publicly by adjusting your privacy settings on social media and online accounts. Review app and browser extension permissions, this will reduce the risk of unauthorised access.

References:

Sfoglia, P. (2021) *Digital Safety Basics*. Available at: <https://www.insurance-advocate.com/2021/10/15/digital-safety-basics/> (Accessed on 28 July 2024).

