

General Data Protection Regulation (GDPR)

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TOP TIPS to protect data

Phishing - Be cautious of links sent over email

Passwords - Don't use simple passwords. Use a mixtures of letters, numbers and special characters.

Keep your computer up to date include your AV software.

Be careful what you post on social media - information can be harvested and used against you!



What is Personal Data?

Data that can be used to identify a person

Can directly or indirectly identify a data subject

Identifiable data could include:

Name, Location, Online Identification (IP Address) or special characteristics such as genetic, social, mental or social data used to identify someone



Sending E-Mail



Most email data breaches happen because of mistakes or distractions

ALWAYS double check email addresses, contents and attachments before sending personal data via email.

Check twice before clicking send!

Lock down your logins



Use 2-factor authentication where possible

Never re-use or share your password with anyone

Turn on login notification to track down unauthorised access to your accounts.