

# Cyber Hygiene Basics

## Use Strong Passwords:

Create complex passwords with a mix of letters, numbers, and symbols. Avoid using easily guessable information like birthdays or names.

## Enable Two-Factor Authentication:

Add an extra layer of security by requiring a second form of verification, such as a code sent to your phone.

## Regular Software Updates:

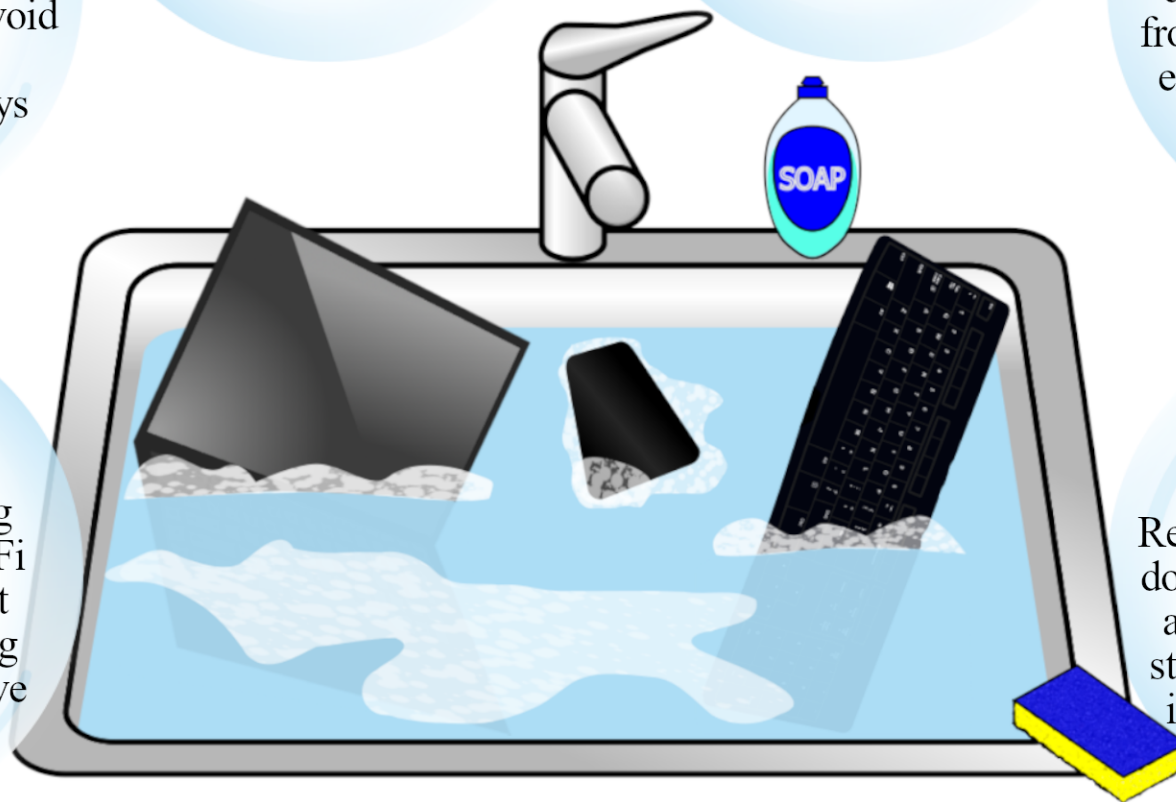
Keep your operating system, applications, and antivirus software up to date to protect against vulnerabilities.

## Be Cautious with Emails:

Avoid clicking on links or downloading attachments from unknown or suspicious emails. Verify the sender's identity first.

## Secure Your Wi-Fi:

Make sure to use strong passwords for your Wi-Fi network, enable a guest network and avoid using public Wi-Fi for sensitive transactions.



## Backup Your Data:

Regularly back up important documents and other files to an external drive or cloud storage to prevent data loss in case of a cyber attack.