



# Cyber Security Tips



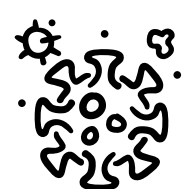
## CREATE STRONG PASSWORDS.

Use passwords that are hard to guess (include multiple !.%\$@\ or similar), you can use a password manager to help you keep track of different passwords.



## BE CAREFUL OF WHAT YOU DOWNLOAD.

Don't download content from sites that are not trustworthy. Always be cautious about attachments (PDFs). These may contain malware.



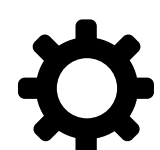
## ALWAYS UPDATE YOUR COMPUTER.

Your computer asks you to update it for a reason, usually for security purposes. Do not ignore the updates, they are there for a reason.



## TWO-FACTOR OR MULTI-FACTOR AUTHENTICATION.

Using authentication methods adds an additional layer of security in your work and private life. Always ensure it's turned on if the website/software allows.



## NEVER USE PUBLIC WIFI.

Avoid using wifi networks unless you have installed a VPN on your computer or on your mobile phone. Public networks are often targeted by hackers.