CYBERSECURITY AWARENESS DAY 7

Let's talk about
Data Backup
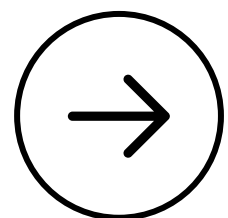
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Data Backup

Imagine waking up and your phone/laptop refuses to turn on. All your pictures, certificates, documents, and client files are gone just like that.
No warning. No recovery. Just silence.
That's what data loss feels like sudden, painful, and irreversible.
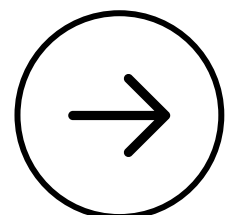
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What is Data Backup?

A **data backup** simply means creating a copy of your important files and storing them somewhere safe outside your main device. So even if your laptop crashes or your phone gets stolen, your data still lives somewhere secure.

Think of it as having a spare key to your digital house.

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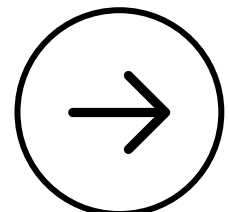
Why you should care

Data loss doesn't only happen to techies or companies.
It happens to:

- Students who lose their final-year projects
- Entrepreneurs who lose client data
- Parents who lose baby photos
- Content creators who lose videos and drafts

Data backup isn't about fear it's about preparedness.

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The 3 types of Data Backup you should know:

Cloud Backup:

Save your files on the internet using platforms like Google Drive, iCloud, or OneDrive.

- Pros: Accessible anywhere, automatic syncing.
- Cons: Needs internet connection.

External Drive Backup:

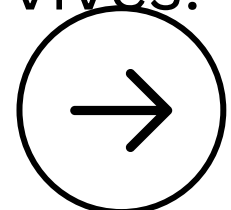Save copies to flash drives, hard disks, or SSDs.

- Pros: No internet needed, quick access.
- Cons: Can be lost or damaged.

Hybrid Backup (The Best Choice):

Combine both cloud and physical backups.

This way, even if your drive fails or the cloud is hacked, one copy still survives.

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Common Myths About Backups (And The Truth)

Myth 1: I don't need backup, I use antivirus.

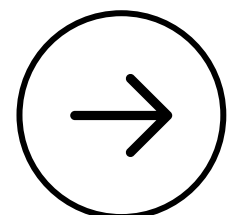✅ Truth: Antivirus protects from threats, not device failure.

Myth 2: Cloud storage is enough.

✅ Truth: What if you lose access to your account or get locked out? Always keep a second copy.

Myth 3: It takes too much time.

✅ Truth: Losing your files takes even more time and tears.

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Your data holds your story your work, creativity, and memories.
Don't wait for a crash to value what's priceless.Because data loss doesn't send a warning before it strikes.
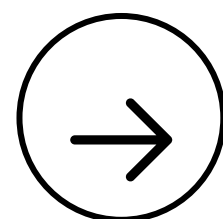
Take these action today:
🔁 Back up your files .
☁️ Store one copy in the cloud.
💿 Keep one on a physical drive.

And always test your backup to ensure it actually works.

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Share, like and follow for more Cybersecurity awareness tips

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