



CYBERSECURITY AWARENESS DAY 9

Let's talk about
Digital Hygiene

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Digital Hygiene: Protect Your Digital Life



You clean your room.

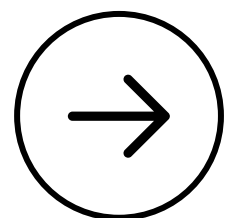
You wipe your phone screen.

**But when last did you clean your digital
life?**

**Most people don't realize that digital
hygiene is just as important as personal
hygiene.**

**Because the truth is the more digital
“dirt” you leave behind (old accounts,
weak passwords, unused apps), the
easier it is for hackers to find a way in.**

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What is Digital Hygiene?

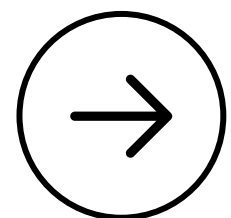


Digital hygiene means maintaining healthy online habits that protect your identity, data, and devices.

It's the digital version of brushing your teeth or washing your hands except this time, you're protecting your accounts, passwords, and privacy.

Good digital hygiene keeps you safe from online germs like phishing, scams, and malware. In fact it's the discipline of being intentional with your online behavior.

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Why Digital Hygiene Matters

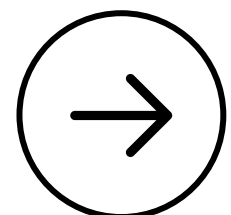


Bad digital hygiene leaves digital “dirt” that hackers love to exploit. Just one weak password, one old account, or one careless click can cause:

- Data breaches — unauthorized access to your personal or financial information
- Identity theft — when someone uses your details to impersonate you
- Malware or ransomware — infecting your devices and stealing files
- Phishing scams — tricking you into revealing sensitive data
- Reputational damage — from old posts or oversharing online

Neglecting your digital hygiene is like leaving dirty dishes out the longer you wait, the more bacteria (and hackers) it attracts.

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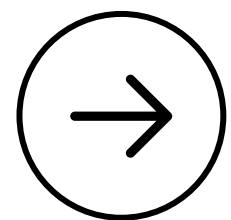
Digital Dirt You Should Clean:



- Old social media or email accounts you no longer use
- Weak or reused passwords
- Apps requesting unnecessary permissions
- Sensitive messages or photos stored in the cloud
- Subscriptions or newsletters exposing your email publicly

Each of these leaves breadcrumbs that can be used to profile, scam, or impersonate you.

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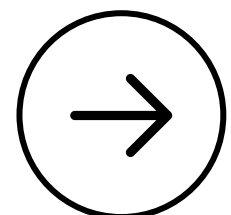


Top Digital Hygiene Practices



- Use strong, unique passwords for every account
- Enable 2FA : an extra layer of protection
- Keep your software & devices updated regularly
- Be cautious with emails and links don't click carelessly
- Install reputable antivirus software
- Back up your data to a secure location
- Delete old accounts and unused apps

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Take Action Today



Good digital hygiene isn't paranoia
it's preparation.

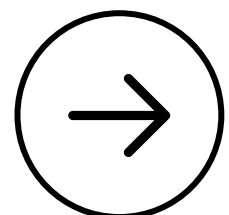
Start today:

- Clean up your accounts
- Update your passwords
- Turn on 2FA
- Back up your data

Because your data deserves the
same care you give your home.

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awareness tips**

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