

# Cyber-Security Best Practices

Staying Safe at home in the “New Normal”

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# Andy Thompson (aka rainmaker)

- Advisor CyberArk Software
- Husband, Father
- Tech and Security since 1996
- InfoSec Speaker
- Active Community Member
- Travel Hacker



# Agenda

- The “Basics”
- OPSEC
- Common Scams
- Q&A

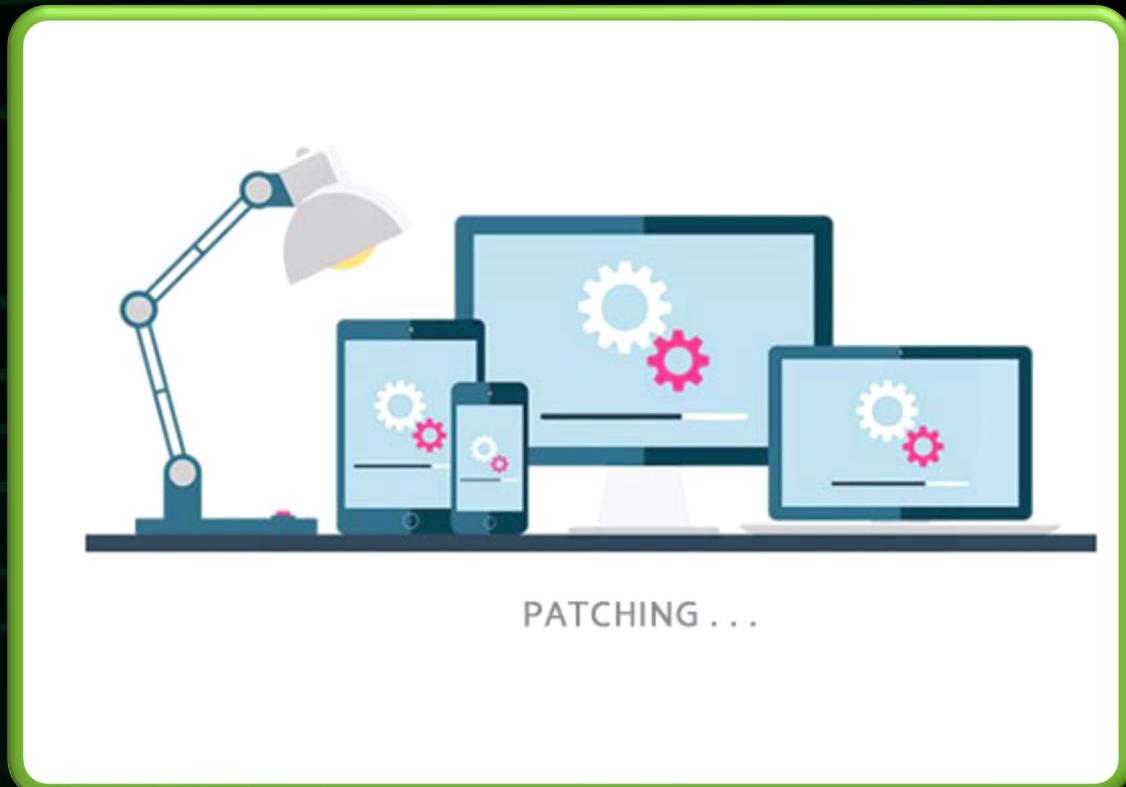


# The “Basics”

Stuff you may already know, and maybe some stuff you don’t!

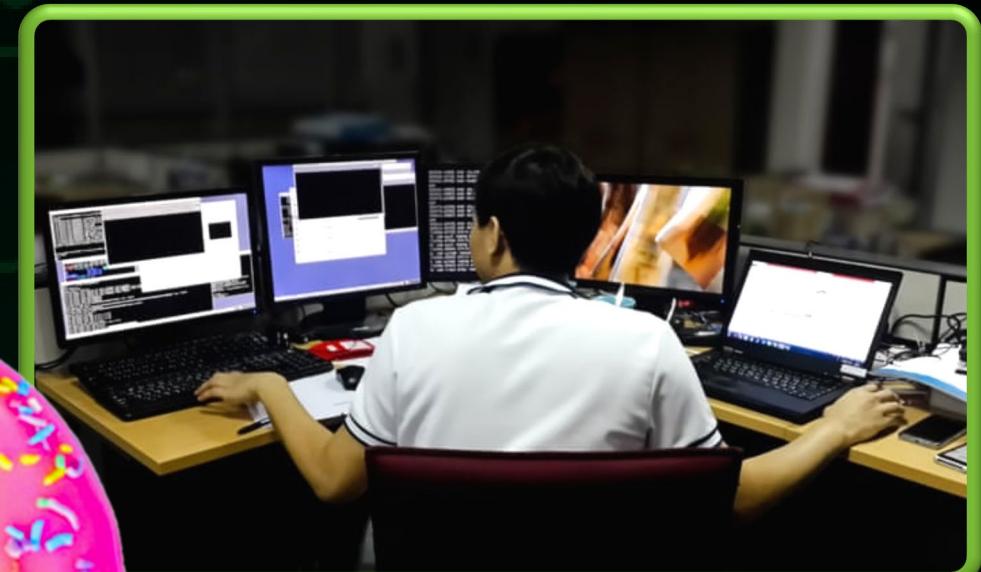
# Patching

- Hardware
- Operating System
- Software
  - Antivirus
  - Applications
- IoT & Smart Devices



# Device Usage

- Work PC is not your family/personal computer
- Don't leave your device unattended
  - Lock your device
- Password protect your device
- Cover your camera
- Encrypt your device
- Public Wi-Fi
- VPN
  - Work
  - Personal



# Smart Phone Usage

- “Jail-Breaking”
- 3<sup>rd</sup> Party App Stores
  - Malicious Apps
- App permissions
- Biometrics vs Passcode



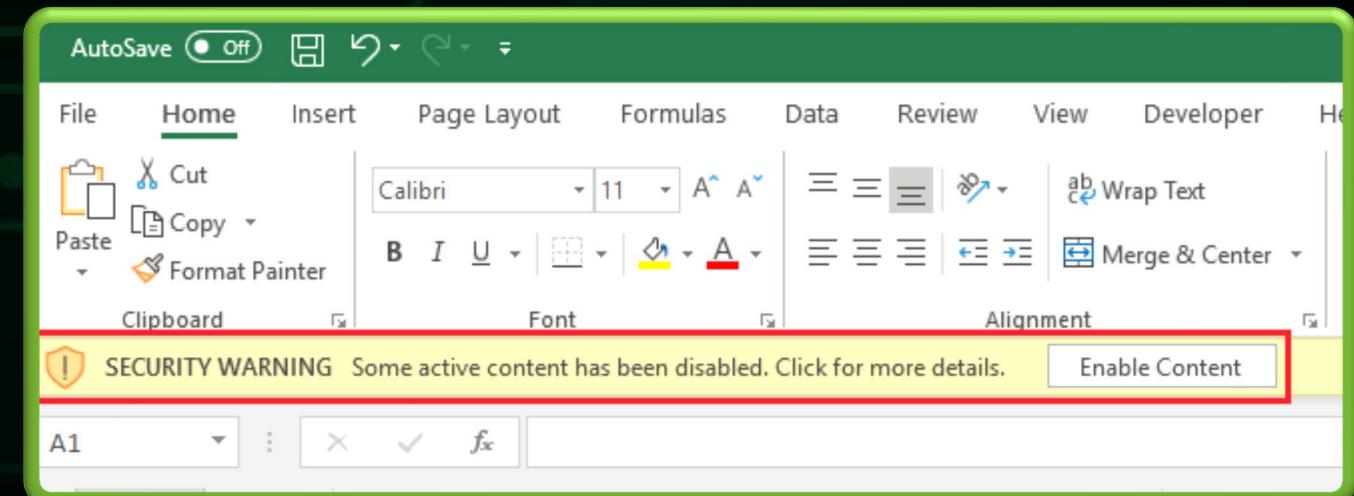
# -ishing

- Phishing
- Spear-Phishing
  - Impersonating REAL people
- BEC
- Vishing
- Smishing



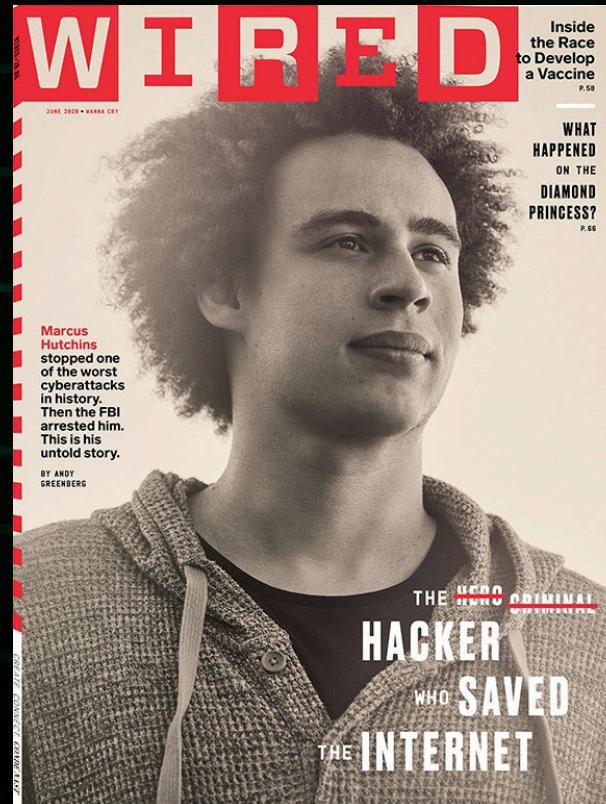
# Macros

- Scripting language for advanced MS Office use
  - Built into most Microsoft Office software
- Used to execute malware
  - Remote control / Botnet
  - Password stealers
  - Ransomware
- Do not enable!



# “Not so legitimate” software

- Piracy is Illegal
- Beware of Bit-Torrent
- Cracked Software & Key-gens



# Passwords



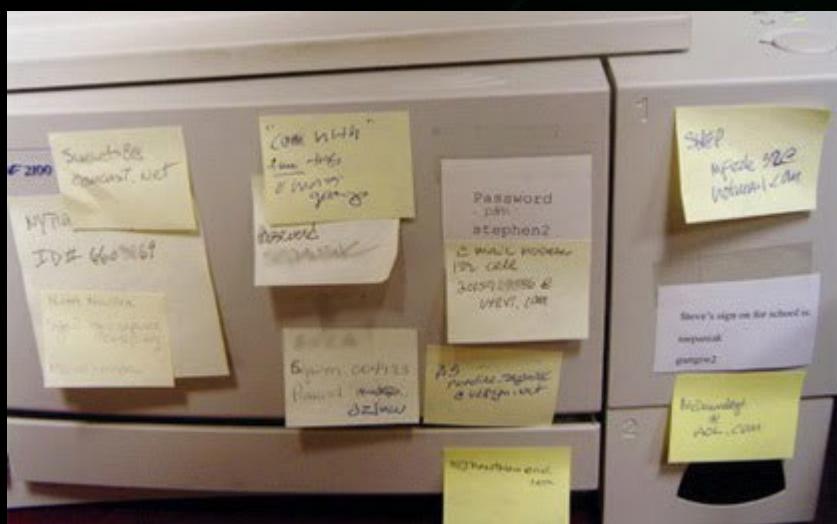
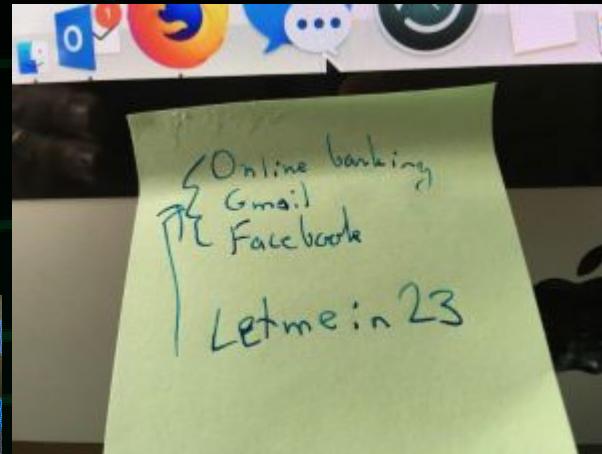
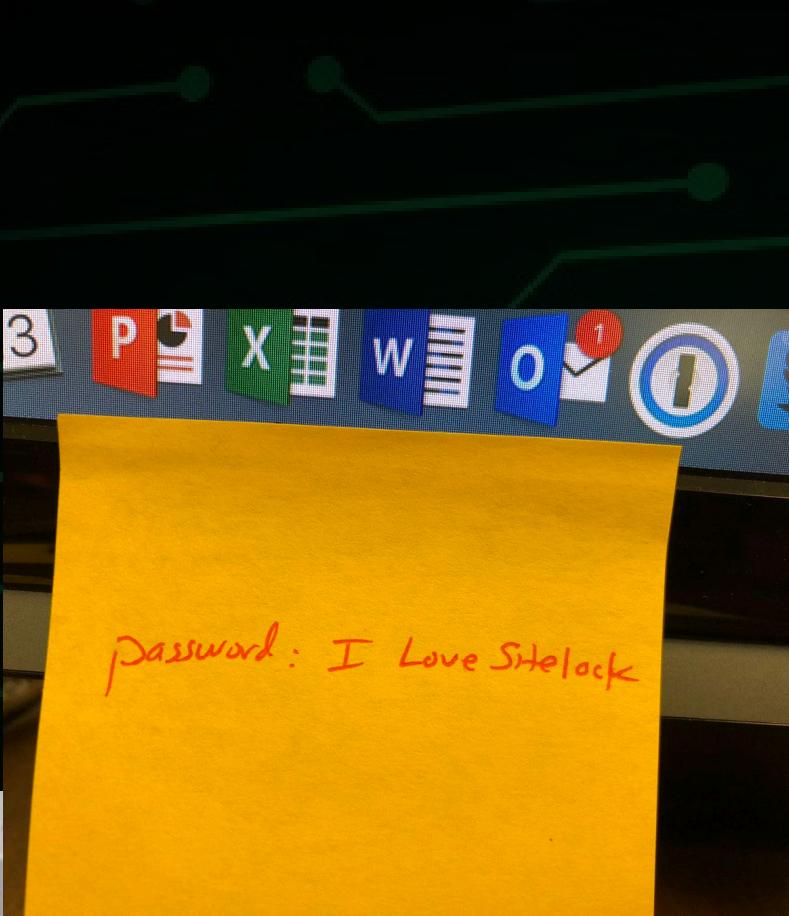
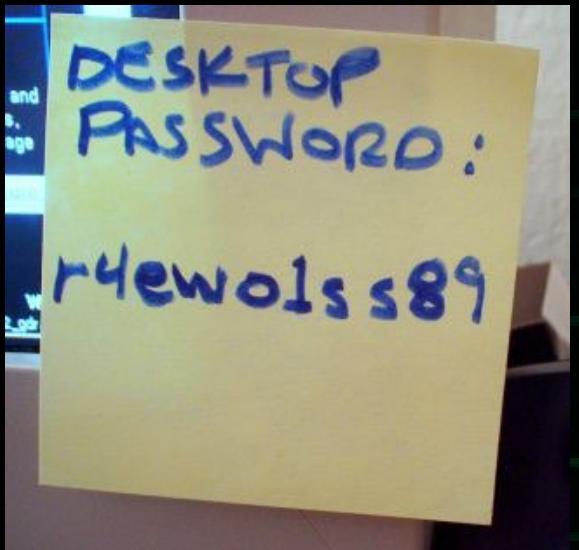
# Exposed Passwords



If you're dumb enough to leave your login on a Post-It on your desk, it's not a hack. It's barely social engineering. It's more like natural selection.

- Gilfoyle





# Home Network

- Wi-Fi Security
- Separate SSID's
  - Guest Access
  - IoT
- Router Password
- DNS
  - Avoid Public DNS
  - OpenDNS
  - PiHole
- SSL/TLS Certificates
- Incognito Mode



# OPSec

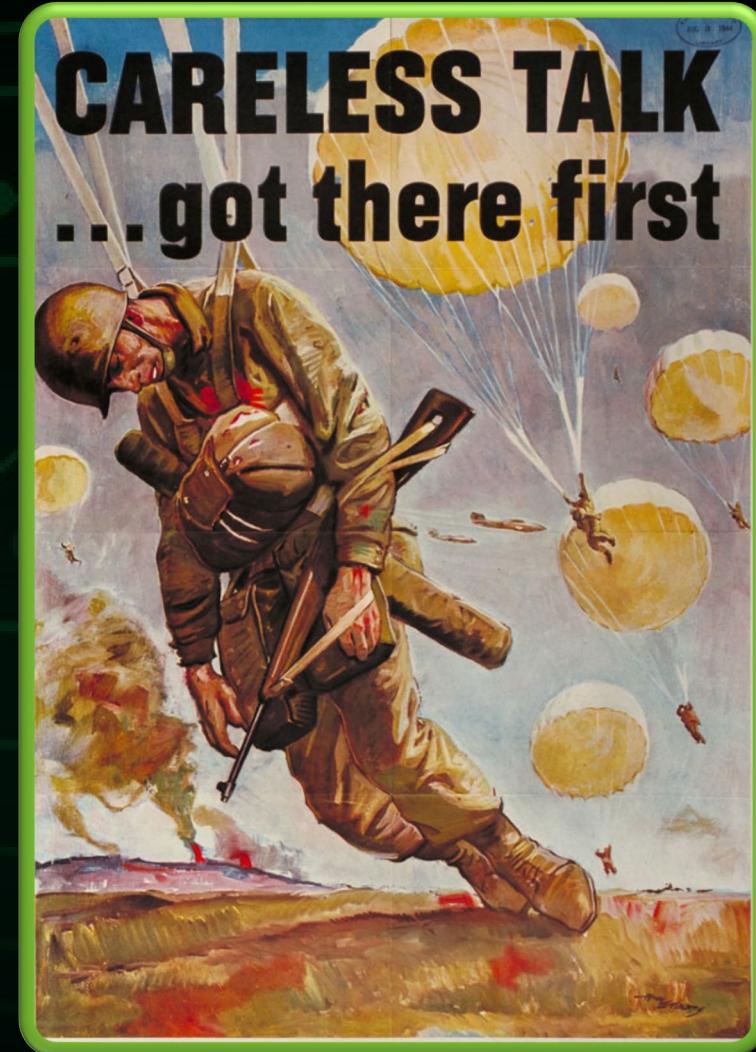
Don't make it easy for the bad guys.

## Targeted Information

- Full Name
- Location
- SSN
- Date of Birth
- Email Accounts and Passwords
- Mother's Maiden Name
- Online Digital Footprint
- Employment Information
- Financial Information
- Mobile/Work Telephone Numbers
- Social Media Information/Posts
- Family/Friends/Colleagues

## OPSEC Resources

- The office watering hole
- Domain registrars
- Personal information sites
- Search engines
- Social Media
  - Facebook
  - LinkedIn
  - Twitter



# OPSEC FAILS

Don't be these people!

# OPSEC Fails

**WHAT IS YOUR FAVORITE MOVIE OF ALL TIME?**

CINEMA tickets

WOMEN WORKING

movie

Womenworking.com about 5 months ago · 4h

What is your favorite movie of all time?

2.3K 1K Shares 220K Views

Like Comment Share More

Comments (6.8K) Up Next

Comments (6.8K) Top Comments

Lea Fulcher The Shawshank Redemption (1994)  
Like · Reply · 20w 140  
18 Replies

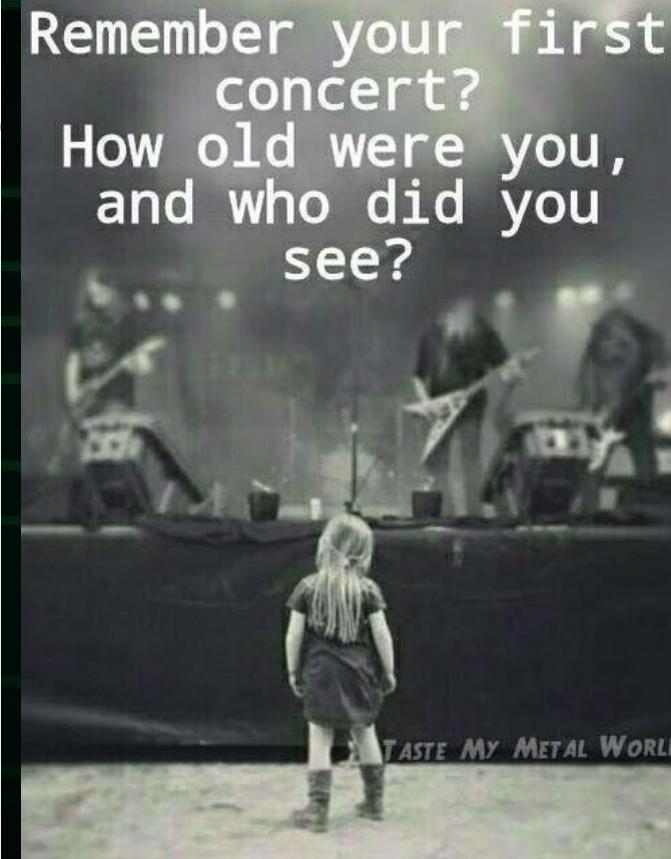
Jane Dodd Ehrhardt "The Christmas Card"-- Don't believe a lot of people know about it, but, I surely was impressed with it. Have already seen it twice this year.  
Like · Reply · 20w 43  
23 Replies

Lucy Lou No one probably don't remember this one. The Songs of Bernadette....a great movie always come on AMC  
Like · Reply · 20w 80  
24 Replies

Catherine Kelly McCann A star is born with Barbara Streisand and Kris Kristofferson  
Like · Reply · 20w 65  
17 Replies

Karan Morris Gone with the wind  
Like · Reply · 20w 107  
5 Replies

Marilyn Weathers King Gee I couldn't pick just one but some of my favorites are Steel Magnolias, Beaches, The Notebook, Bridesmaids, Waiting to Exhale, Friday, Training Day, Imitation of Life, The Temptations & many more 😊  
Like · Reply · 20w 31



Ultimate 70's Fan Page Like This Page · April 2 · ...

Like Comment Share More

12K Chronological

3,458 Shares 62K Comments

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Jill Johnson Rolling Stones Roundhay Park - Leeds 1982 age 19  
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Mark Phillip Stevie Wonder...19  
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Leland Ross Strowig Three Dog Night 69  
Like · Reply · 1m

Jeanette Gill Adam and the ants  
Like · Reply · 1m

Sherri Hurley Maner 16, the outlaws  
Like · Reply · 1m

Write a comment...

# OPSEC Fails



**Micah Bautista** @mchbtst13 · May 29, 2014

Gonna share mah **new school & ID**. Yay. HAHAHA.



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# OPSEC Fails

**Johnny Starzzz** @JohnnyStarzzz · 4h

@KimKardashian @KrisJenner @kourtneykardash @khloekardashian  
@selenagomez @britneyspears @Camila\_Cabello That's in St. Catharines  
Ontario for 16 months in a row an apartment I lived in and paid my rent  
early and every month she will say. Not one person came to see me. Look  
00



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# OPSEC Fails

 **Typical Tawan (Sunny ☀️)**  
@taypically

Earthmixx are on vacation together in Pattaya now...  
Honestly slay....



8:27 AM · May 30, 2020 · Twitter Web App

# OPSEC Fails



# Common Attacks/Threats

Don't be a victim.

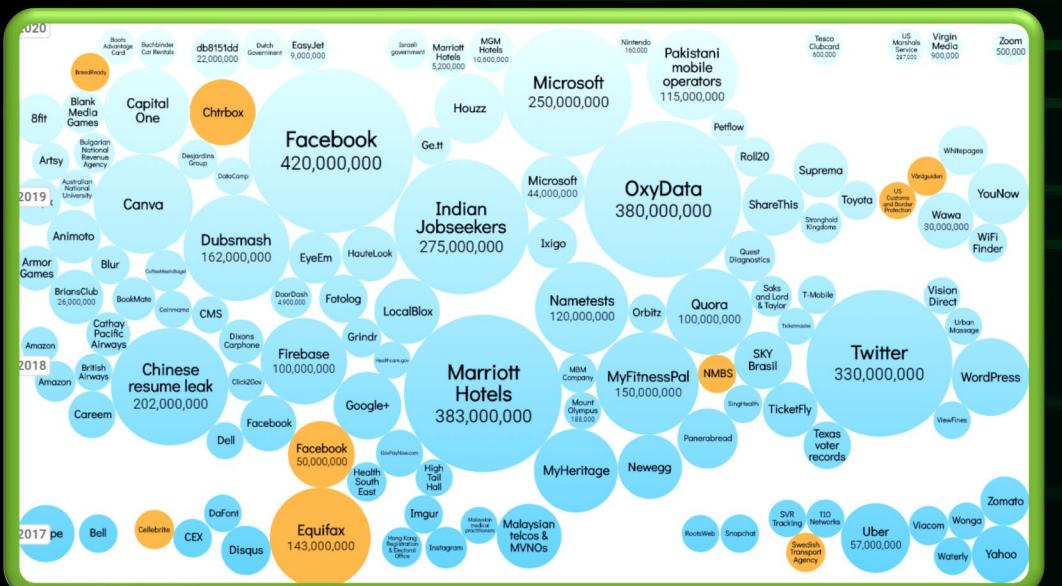
# Cyberbullying

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities



# Previous Data Breaches

- Passwords Dumped from previous breaches.
- Change password & ignore
- [www.HaveIBeenPwned.com](http://www.HaveIBeenPwned.com)



# Vishing Scams



- Robocalls
- Supposed fraud or suspicious activity on credit card or bank account
- Overdue or unpaid taxes to the IRS, Customs, or other tax agencies
- Prize or contest winnings (such as a cruise or an “all expense paid” vacation)
- Tech support calling to remotely access your PC to fix a problem
- Fake hospital or law enforcement

# Compromised Sites

The image shows a Microsoft support page with a security warning dialog and a Windows Security Essentials alert.

**Microsoft Support Page Content:**

- Header:** Microsoft Corporation [US] https://support.microsoft.com
- Title:** \*\* Microsoft Warning Alert
- Error:** ERROR # MS-0x8024402C
- Text:** Please call us immediately at: **+1 (877) 573 9043** (Microsoft Toll Free)
- Text:** Do not ignore this critical alert.
- Text:** If you close this page, your computer access will be disabled to prevent further damage to our network.
- Text:** Your computer has alerted us that it has been infected with a Pornographic Spyware and virus. The following information is being stolen:

  - 1. Face book Logins
  - 2. Credit Card Details
  - 3. Email Account Logins
  - 4. Photos and documents stored on this computer

- Text:** Please call us within the next 5 minutes to prevent your computer from being disabled or from any information loss.
- Text:** Microsoft Toll Free: **+1 (877) 573 9043**
- Checkboxes:** Prevent this page from creating additional dialogues.
- Buttons:** Back to safety

**Windows Security Essentials Alert:**

- Title:** Windows Detected Potential Threats On Your Computer.
- Text:** Windows Security Essentials was unable to block the virus. Windows detected several potential threats that will compromise your privacy and harm your computer.
- Text:** Error Code: 0x8024402c, Windows couldn't install the definition updates.
- Text:** More Information & Support Please Contact **+1 (877) 573 9043**

# Other Social Engineering Scams

- RAT's and extortion
- Fake shopping sites
- Hitman scams
- Romance scams
- Crypto-currency scams
- Social media cloning
- Online marketplace scams  
(i.e. Craigslist, Facebook Marketplace)



# Facebook “Like-Farming”

Luxury RV  
Luxury RV  
23 hrs · \*

We have got 150(Major RV ) that can't be sold because they have been unsealed. Therefore we are giving them away for free. Want one of them ? Just Share this photo & Like Ourpage and we will choose 150 people completely at random on July 30! as your Luck day Comment 'Done'

Like Comment Share

8:52 ■ LTE

Southwest Air added 4 new photos to the album: Air tickets Giveaway. 5 hrs · \*

We are currently operating all our flights 24/7 and we know due to Covid-19 money is tighter more than ever! So we have decided to show our continued appreciation support to our loyal customers by awarding 500 people who shares and comments by 11:30 PM Tonight with a free round trip flight of their desired destination. - After visit <https://page.dagmaar.com/Southwest-Air/> to validate your entry.

Write a comment... GIF

Home Store 9 Notifications 4

# Questions?

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