Measure

Screen lock with strong password

Measure

Full disk encryption

Measure

Use of tracking tools
(e.g. Prey, Find My iPhone, Find My Device)

Measure

Strong deletion tools
(e.g. Eraser, CCleaner)

Measure

Use of Veracrypt with a secret volume

Measure

Cloud-based Backup

Measure

I have saved backup codes for my "2-factored" accounts

Measure

Review / revoke app permissions

Measure

Almost nothing can help

Measure

Smartphone checklist

Measure

Travel checklist

Measure

Keep a record of the incident
(date, time, screenshots)

Measure

Take the device(s) offline immediately

Measure

change passwords immediately

Measure

Alert my colleagues and trusted contacts

Measure

Run an anti-malware, anti-virus scan

Measure Download add-on "Password Alert"	Measure Download add-on "HTTPS Everywhere"
Measure Use a trusted VPN	Measure Use Tor services
Measure Use end-to-end encrypted service: SIGNAL	Measure Use end-to-end encrypted service: JITSI
Measure Use email encryption (known as PGP)	Measure Use end-to-end encrypted service: PROTONMAIL

Measure

Don't click untrusted/unverified link

Measure

Don't download file from unverified source

Measure

Verify account activity

Measure

Use DDoS deflection
(sign up for Deflect.ca)

Measure

Use WordFence

Measure

Update website plugins

Measure

Use a trusted website host
(contact support@greenhost.nl)

Measure

Use DDoS deflection
(go to Deflect.ca/signup)

Measure

Compartmentalize!

Measure

Disband or leave WhatsApp group

Measure

Format / Change device

Measure

Switch to Signal