# Familiarize yourself with phishing attacks

## What is phishing?

Imagine cybercriminals are like sneaky, high-tech fishermen.

Instead of using worms and hooks to catch fish, they use...

- fake emails
- Texts
- and websites as bait to "phish" for your personal information.

## Learn to spot phishing emails

#### To spot phishing, look for:

- urgent or threatening language
- requests for personal information
- suspicious sender addresses and links
- generic greetings
- poor grammar and spelling mistakes
- and unsolicited attachments

## How do we stop getting phished?

### To avoid phishing:

- be skeptical of unsolicited requests
- verify sender authenticity by contacting the organization directly
- never click suspicious links or download unknown attachments
- and use security software and multi-factor authentication (MFA)