

# Basic Cyber Hygiene

A Practical Security Guide for Individuals, Businesses, and Ministries

## What Is Cyber Hygiene?

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

# Why Cyber Hygiene Matters

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

# Daily Security Habits

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

# Safe Browsing Practices

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

# Software Updates & Patching

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

## Account & Access Awareness

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

# Recognizing Early Warning Signs

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

## How Cyber Hygiene Connects to LAAP™

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.