

# Protecting Yourself In a Digital World

## Creating a Strong Password:

When making a password, use at least 12 characters with variation, such as symbols and numbers. Use a password manager to securely store them, eliminating the need to remember or write them down.



## Antivirus Software:

Installing a reputable antivirus software is crucial for protecting your device from potential threats. Ensure that you keep your antivirus up to date to maximize its effectiveness.



## Choosing a Secure Network:

Avoid using public Wi-Fi, as it makes it easy for others to steal your information. If you must use public Wi-Fi, protect your connection by using a Virtual Private Network (VPN) to encrypt your data.



## Two-Factor Authentication:

Enabling two-factor authentication on all your devices and websites will add another layer of protection. Prioritize this on applications such as banking and email.

