

Cyber Security Tips for Seniors



Cyber security is the set of practices that you have in place to protect your devices and personal and financial information. Cyber criminals target individuals to gain information that they can exploit to steal money from you.

1 Create unique, strong passphrases and passwords

- Use a passphrase, a series of at least four words and 15 characters in length
- Or use complex passwords with:
 - at least 12 characters
 - upper and lower case letters, numbers and symbols
- Use a different password for every account



2 Limit sharing of sensitive personal information online

Be careful what personal data you share online. Don't provide your birthdate, PIN or any personal or financial information.



4 Enable multi factor authentication (MFA)

MFA uses two or more different ways of verifying that you are who you say you are to add an extra layer of protection for your accounts and devices.

3 Install software updates and patches

Install software updates as soon as they're available for all of your connected devices.



5 Protect your devices

Install anti-virus and anti-malware software on all your connected devices and keep this software up to date.



6 Phishing. Don't take the Bait

Phishing is one of the most common tactics that cyber criminals use to steal your information. Phishing messages are often sent as emails, text messages (known as smishing) or phone calls.

Breathe. Phishing messages often pressure or threaten you to respond quickly.

Links: Don't open any link or attachment you're unsure of.

Delete any messages that seem too good to be true, like winning a contest you didn't enter.



Elder Abuse
Prevention
Ontario

For more information

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RESOURCES

Canadian Anti-Fraud Centre
www.antifraudcentre-centreantifraude.ca
Government of Canada
www.cyber.gc.ca

