**Information System Backup (NIST CP-9)**

1. Information Systems shall back up databases and any data within the database, but there is not documentation in need of backup. Any documentation should be stored in the same place.

2. Keep all of the backups of information in a safe place

3. With most updated changes to database, create a backup of database in MySQL Workbench

4. Conduct a backup by Clicking “Server” and then “Data Export”

5. Export all information needed to a selected dump folder, export the data, and then store in a secure storage location along with any existing documents.