Cyber Security
How to Protect Yourself

Personal Info

Avoid sharing personal information

4500 Canadians get their identity stolen each year[1]

Passwords

Use unique and hard to guess passwords

55% of Canadians reuse the same password across accounts[2]

Antivirus

Make sure to use antivirus software on all your devices

350k malware are detected by antivirus software daily[3]

Links

Before clicking on any links, identify the directory first

>96% of malicious URLs use URL link modifiers / shorteners[4]

Messages

Be wary of unknown senders or email addresses. Look out for grammatical errors.

11 sec Experts estimate that a ransomware attack will occur every 11 seconds[5]

Updates

Make sure your device and software are up to date with the latest security patch

57% of cyber attack victims stated that applying a patch would have prevented the attack[6]

Public Wi-Fi

Avoid using public Wi-Fi when dealing with sensitive data

24.7% of Wi-Fi hotspots in the world don't use any type of encryption[7]

Phishing

Beware of fraudulent emails claiming to be from reputable companies trying to get personal information

34% of Canadians have received a phishing attack since the start of the COVID pandemic[8]

2FA

Use Two Factor Authentication on any accounts that are supported

99.9% of automated attacks that were blocked by 2FA[9]

Sources:
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