

Digital Safety Tips for Remote Workers

Defend Your Personal Information!

Scammers send out emails that contain links that will steal your personal information. Often, these emails try to imitate companies that you trust. **Before you click on any link, ensure its legitimacy.** If you suspect an email contains phishing, report it!



Headache Prevention

Eyestrain from the brightness of your screen can cause a headache. To prevent headaches, follow the **20-20-20 rule**. Every 20 minutes, take a 20 second break, and stare at something 20 feet away.

