

# Action Items: Start Today

Pick 3-5 items to implement this week:

1. Enable 2FA on your most important accounts
2. Install Privacy Badger or AdGuard
3. Review phone app permissions
4. Review and adjust your Meta/Facebook privacy settings (quarterly)
5. Switch to DuckDuckGo as your default search engine
6. Test your browser at [coveryourtracks.eff.org](https://www.eff.org/coveryourtracks)
7. Disable ad tracking on your phone
8. Start using a password manager
9. Use disposable/randomized remailer addresses when creating accounts
10. Cover your webcam
11. Enable auto-restart and Stolen Device Protection
12. Disable biometric unlock at borders
13. Cut back Google dependence
14. Reboot your devices weekly (daily when traveling)

# Remember

*"Privacy protection doesn't have to be perfect to make a big difference."*

Every step you take makes you a harder target.

Start small. Build habits. Stay informed.