

7 Essential Cybersecurity Tips to Keep You Safe Online

Use strong and unique passwords

Avoid using the same password for multiple accounts and use **complex** passwords that include a mix of letters, numbers, and symbols.

Enable two-factor authentication

Add an extra layer of security to your accounts by enabling two-factor authentication, which requires a password and a verification code sent to your phone or email.

Keep software and systems up to date

Regularly update your software and systems to patch security vulnerabilities that can be exploited by cybercriminals.

Be cautious of phishing emails

Be wary of unsolicited emails and don't click on links or download attachments from unknown sources.

Use a virtual private network (VPN)

When connecting to public Wi-Fi, use a VPN to encrypt your internet traffic and protect your personal information.

Back up your data

Back up your data regularly to avoid data loss in case of a ransomware attack or other cyber incident.

Be aware of social engineering attacks

Be aware of social engineering attacks such as phishing, pretexting, and baiting, and avoid giving out personal information or sensitive data to unknown individuals.