

# Good Online Hygiene

## ➔ User authentication

- Online platforms need to authenticate and subsequently manage user access.
- Authentication can be performed by the following factors
  - *Something you know*
  - *Something you have*
  - *Something you are*
- Ideally these factors would be out of reach to threat actors

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## ➔ Good password security

- Ensures unauthorized access to online accounts
- Create strong passwords
  - Use a secure password generator OR
  - Make it easy to remember hard to guess or brute force in reasonable time
- Do not reuse, share or store in plain-text. Consider password managers