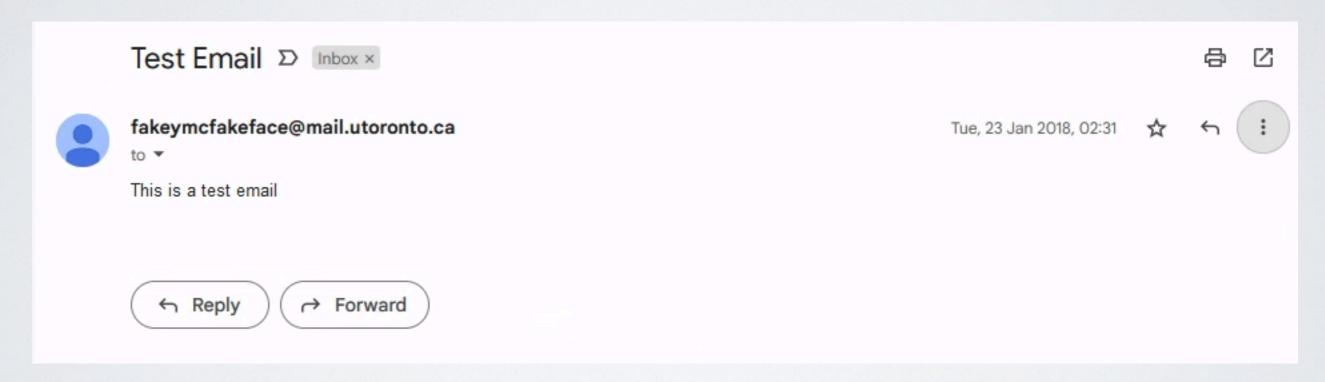# Good Online Hygiene

➡ **Secure online communication/interaction**

- Be wary of electronic communication triggering heightened panic, fear, anger, joy, curiosity, urgency etc

- Avoid oversharing via text or images on social sites e.g containing personal spaces, device screenshots, secure facilities

    - Avoid volunteering information

- Be wary of spelling mistakes and when communication cannot be verified

Good Online Hygiene

➡ **Verifying an email sender**

- Emails can be exported/saved as *.eml.* This format can be opened safely in a text editor

➡ **Is that legit?**

- @mail.utoronto.ca?