Pod Security

The pod specification includes a variety of different attributes that can strengthen or weaken your overall security posture. As a Kubernetes practitioner your chief concern should be preventing a process that’s running in a container from escaping the isolation boundaries of the container runtime and gaining access to the underlying host.

For more details on various Amazon EKS Best Practices in Pod Security, refer to the [documentation](https://aws.github.io/aws-eks-best-practices/security/docs/pods/).