

# Online Security Guide



## 01 Desktop Security

- Use a VPN for a secure connection
- Apply updates for your software and operating system when prompted
- Use a password manager to generate and store secure passwords

1. VPN Recommendation: [Mullvad](#)  
2. Password Manager Recommendation: [Bitwarden](#)



## 02 Mobile Security

- Apply app updates and updates for your phone operating system when prompted
- Use a secure messaging app to encrypt your communications
- Use Multifactor Authentication (MFA)/2 Factor Authentication (2FA) to secure your accounts

Note: Social media is NOT a secure messaging app.  
Use an app such as Signal with dedicated encryption.

## 03 Browser Security

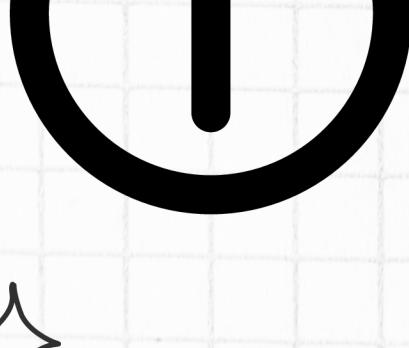
- Use an adblocker on your browser to help prevent advertiser/behavior tracking
- Clear your cache/cookies after each browsing session to remove temporary data

1. Adblocker Recommendation: [uBlock Origin](#)



## 04 More Info

- **EFF:** <https://ssd.eff.org/module-categories/basics>
- **UK National Cybersecurity Centre:** <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online>



## Sources

**Maia Crimew Online Security Interview:** [https://www.youtube.com/watch?v=TGJ7\\_1uKGv4](https://www.youtube.com/watch?v=TGJ7_1uKGv4)

**EFF BASICS Guide:** <https://ssd.eff.org/module-categories/basics>

**CISA Shields Up:** <https://www.cisa.gov/shields-guidance-families>