

## Things you can do to practice Cyber Security

1. Change your passwords often, and encourage others to do the same, the stronger the password the better, a combination of letter in upper and lower case, number and symbols create strong passwords
2. Make sure that you antivirus software and firewalls are always up to date, as new threats are discovered every day. Keeping your software updated is one of the easiest ways to protect yourself from an attack. Most software have the option to check for updates automatically, if you don't know if yours have it check on the support web site of the manufacturer.
3. Back up important files. If you have important files stored in your computer, copy them onto a removable disc and store it in a safe place, removable disc examples are CD or DVD media, thumb drives or external hard drives.
4. Never open email attachments you are not expecting, most viruses infect computers via user permission, if you don't know the sender of the email just delete it without reading or opening it.
5. Make cyber security a habit. We all need to focus on it to protect our valuable information.