24/7 SECURITY SERVICES
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PERSONAL SAFETY BULLETIN

October 2024

October is Cyber Security Month

Cyber security is the practice of protecting systems, networks, and programs from digital attacks. These cyber-attacks are usually aimed at accessing, changing, or destroying sensitive information, extorting money from users or interrupting normal online processes.

Keep software up to date

Installing software updates for your operating system and programs is critical.

- Always install the latest security updates for your devices.
- Turn on Automatic Updates for your operating system.
- Use web browsers that receive frequent, automatic security updates.
- Make sure to keep browser plug-ins up to date.

Avoid phishing scams

Phishing scams are a constant threat - using various social engineering ploys, cyber-criminals will attempt to trick you into divulging personal information such as your login IDs and passwords, banking or credit card information.
Phishing scams can be carried out by phone, text, or social networking sites - but most commonly by email. Be suspicious of any official-looking email message or phone call that asks for personal or financial information.

Practice good password management

We all have many passwords to manage - and it's easy to take short-cuts, like reusing the same password. Create strong passwords or opt for a password manager can help you to maintain strong, unique passwords for all of your accounts.

Be careful what you click

Avoid visiting unknown websites or downloading software from untrusted sources. These sites often host malware that will automatically install and compromise your computer. If attachments or links in the email are unexpected or suspicious for any reason, don't click on them.

Never leave devices unattended

The physical security of your devices is just as important as their technical security. If you need to leave your laptop, phone, or tablet for any length of time - lock it so no one else can use it. If you keep protected data on a flash drive or external hard drive, make sure they are encrypted and password protected.

Use mobile devices safely

Considering how much we rely on our mobile devices and how susceptible they are to attack, you'll want to make sure you are protected:

- Lock your device with a PIN or password - and never leave it unprotected in public
- Only install apps from trusted sources
- Keep the device's operating system up to date
- Avoid transmitting or storing personal information on the device
- Don't click on links or attachments from unsolicited emails or texts

#SafetyFirst
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