

Practice Good Cyber Hygiene

Your guide to kicking dirty cyber hygiene habits



The 4 worst cybersecurity habits and best practices you need to kick them



Over **50%**

of small businesses haven't implemented multi-factor authentication

Dirty habit #1 Not securing access to your network

How to clean it up?

- Enable multi-factor authentication (eg, PINs, mobile verification codes, biometric identifiers & secure tokens)
- Set up different levels of access authority and keep access records
- Set limits and controls for accounts with privileged access
- Use temporary security credentials for critical data – NOT access keys
- Use a VPN to mask your IP when surfing on public networks or connecting to the office

Source: Cyber Readiness Institute

Dirty habit #2 Letting phishing attacks slip through

How to clean it up?

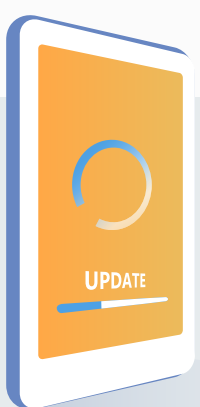
- Open links and attachments ONLY from trusted sources
- Check the sender's details closely – for example, does the email address's domain look legit?
- Be wary of requests for personal information and offers that are too good to be true
- Use a firewall as a shield between your computer and an attacker to prevent external attacks



Up to **90%**

of successful cyberattacks involve phishing

Source: Verizon



31%

of survey respondents 'sometimes, rarely, or never' install them

Dirty habit #3 Ignoring software updates

How to clean it up?

- Keep all software, firmware, browsers, and apps up to date
- Accept updates as soon as they're available
- Turn on automatic updates so you can always get them from the original source
- Don't fall for scams telling you to download urgent updates

Source: National Cybersecurity Alliance

Dirty habit #4 Overlooking social media risks

How to clean it up?

- Don't overshare personal or business information
- Don't accept friend requests from anyone you don't know
- Don't use social media apps for personal use on work devices

56%

of SMBs see employees' social media use as a cybersecurity threat

Source: Cyber Readiness Institute