

# BECOMING CYBER STRONG

## POSITIVE CYBER HABITS TO ADOPT



### **THINK BEFORE YOU CLICK**

Pause and inspect links, attachments, and messages before taking action.



### **USE STRONG, UNIQUE PASSWORDS**

Avoid reusing passwords across accounts. Consider using a reputable password manager.



### **ENABLE MULTI-FACTOR AUTHENTICATION**

MFA adds a powerful layer of protection that keeps your accounts safe even if a password is stolen.



### **KEEP SOFTWARE AND DEVICES UPDATED**

Regular updates patch vulnerabilities that cybercriminals exploit.



### **LOCK YOUR DEVICES WHEN AWAY**

Even brief moments away from your desk can create opportunities for unauthorized access.



### **REPORT SUSPICIOUS ACTIVITY IMMEDIATELY**

Reporting early helps prevent incidents from spreading.

