**Cyber Hacks - Cyber Hygiene**

***Being Cyber Smart Starts with Good Cyber Hygiene***

Cyber hygiene is a reference to the practices and steps that users of computers and other devices take to maintain system health and improve online security. These practices are often part of a routine to ensure the safety of identity and other details that could be stolen or corrupted. Much like an individual engages in certain personal hygiene practices to maintain good health and well-being, cyber hygiene practices can keep data safe and well-protected.

**Cyber hygiene best practices:**

* **Regularly updating** your software, applications, and devices can help protect against vulnerabilities and security flaws.
* **Using unique, complex passphrases** for each of your accounts, and avoiding using easily guessable passwords or personal information is crucial to good cyber hygiene.
* **Implementing multi-factor authentication** for an extra layer of security on your accounts by requiring a second factor.
* **Avoiding suspicious links** or opening attachments from unknown sources. Be wary of phishing scams and carefully review any emails or messages requesting personal or sensitive information.
* **Regularly backup** important files and data to an external hard drive or cloud storage service.
* **Monitoring your account activity** and credit reports to detect and report any suspicious or fraudulent activity.

