

# CYBERSECURITY ADVICE FOR SENIORS



As our world becomes increasingly digitised, it is important to ensure that everyone is aware of the potential dangers that come with being online. In this infographic we will look at 7 steps to help you stay safe online.

## 1. Create strong and secure passwords



To reduce the chances of becoming a victim of cybercrime you should create long passwords that are complex and combine uppercase letters, lowercase letters, numbers, and symbols. It can be difficult to remember complex passwords, so we recommend using a password manager. This is like a digital vault that securely creates, encrypts, and stores your passwords for every account.

## 2. Enable two-factor authentication

Two-factor authentication also known as 2FA will require a user to provide two different authentication factors to verify their identity. This is particularly useful as if a hacker were able to steal your password, they would still require your second form of authentication before they can access your sensitive data.



## 3. Avoid sharing sensitive information



Sharing personal information with people you do not know personally is one of your biggest risks online. You should not share passwords or provide sensitive information anywhere online unless you have verified the identity of the requester. Not everyone is honest about their identity, age, and intentions online.

## 4. Log out of your accounts when using a public computer

If you use a public computer to access the internet it is important to log out when you are finished. If you do not log out of your accounts, the next person using the same computer will be able to access your account and sensitive information.



## 5. Be wary of emails and messages from unknown people or sources



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## 6. Malware and virus protection

Antivirus software is a valuable tool to help prevent malware and viruses accessing your device. If malicious software is already on your device antivirus software can detect, quarantine, and remove the malicious software attacking your device.



## 7. Regularly update applications and your operating system



Software updates are important to your digital safety. You should keep your computer's operating system, antivirus, and other software up to date with the latest patches. The updates will often contain fixes for security flaws and software vulnerabilities.