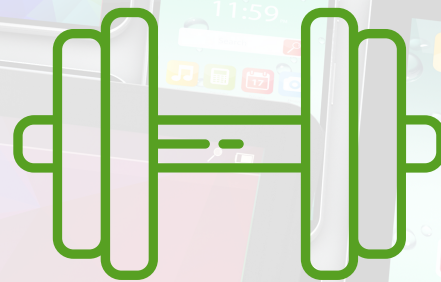


# Get Cyber Fit in 2020!



Ready to take control of your digital footprint and protect yourself online? Use this checklist to improve your cyber security and get #CyberReady for 2020.

1

## UPDATE ALL YOUR PASSWORDS

Use something unique for every account. Passwords should be 8-12 characters long, use upper & lower case letters, numbers and symbols where possible. Example: sW3tr!hg1.nm

2

## ENABLE 2-FACTOR AUTHENTICATION

Increase your cyber security by protecting your accounts with 2-factor authentication - sometimes referred to as 2-step verification. Check which sites offer it at [twofactorauth.org](https://twofactorauth.org).

3

## CLEAN UP FILES ON YOUR DEVICES

Delete any unnecessary files, especially anything containing sensitive information such as bank statements.

4

## UPDATE SOFTWARE ON YOUR DEVICES

Ensure all your software is up to date and keep it regularly updated. Set your devices to auto-update whenever a new update becomes available.

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5

## BACK UP YOUR DEVICES

By backing up your devices you can prevent the loss of files in the event your device is taken over. This is especially important given the rise in ransomware. Back up your mobile, tablets and PCs.

6

## CHANGE YOUR ROUTER PASSWORD

Never changed your router's default administrative password? Hackers could use a list of default router passwords to dial into your router, see what you're doing online and redirect your web traffic to malicious sites.

7

## UPDATE SOCIAL MEDIA PRIVACY

One of the best ways to protect yourself online is locking down your social media profiles. Oversharing can help cyber criminals to piece together information about you - so go private!

8

## INSTALL ANTIVIRUS ON ALL DEVICES

Antivirus can help to protect you from viruses, malware and device takeover. Install it on all of your devices and ensure it is set to run regular scans.

9

## REVIEW YOUR APPS

Review apps you have downloaded and check their permissions. Does a photo editing app have access to your call history? Best to delete it. Also delete any old apps you're no longer using,

10

## DEACTIVATE OLD ACCOUNTS

Delete any old accounts you no longer use, including email accounts. This will help to reduce the size of your digital footprint and limit the number of companies holding your personal data.

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## BREACH CHECK EMAIL ADDRESSES

Scan your email addresses for past breaches using our [free tool](#). If you discover a match, update the login credentials for that account. You should also identify if you have used the same credentials on any other sites to prevent multiple account takeover.

12

## GOOGLE YOUR NAME

You can discover old profiles you don't use any more and see which social media profiles are showing your information publicly. You can also see any online directories listing your information and request removal.

13

## UPDATE YOUR BROWSER

Check your browser settings, clear out old data, such as stored passwords and old autofill information, and ensure your browser is set not to store passwords.

14

## START USING A VPN

A [Virtual Private Network \(VPN\)](#) helps to keep your web browsing secure and private over public WiFi hotspots. It ensures that no one can intercept your internet connection.

15

## DISPOSE OF ANY OLD DEVICES

Old devices contain personal data which could have consequences in the wrong hands. To dispose of a device, extract any data and perform a factory reset. Find out where to recycle electronics [here](#).

By ticking off these important steps you'll be set for a more secure 2020. For ongoing cyber support, why not sign up to a free DynaRisk trial? Find out more at [www.dynarisk.com](http://www.dynarisk.com) or email us at [info@dynarisk.com](mailto:info@dynarisk.com).

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