

It is an usual time and we are depending significantly on technology to connect with friends and family, work remotely at home as well as get the latest news. While ensuring ourselves are healthy both physically and mentally, it is equally important to keep our data safe online.

The UK has seen a surge in cyber crime during the Panedmic, over 1,000 cases of Coronavirus-related fraud and cyber crime were reported in April alone (*National Fraud Intelligence Bureau, Apr*). Cyber criminals play on the public fears by sending out 'tips' that lure internet users to click on malicious links or files so to steal personal data and identity.

Passwords act as the key to your digital footprint, including your emails, social networks, shopping, online banking and more, leaving you vulnerable to identity theft. The following **DOS** and **DON'TS** focus on building a robust first line of defence to prevent you becoming a victim of cyber crime.

You can also tick the one that you are practicing to identify how to enhance online protection.



Use a combination of uppercase, lowercase letters, symbols and numbers.

Make sure that your passwords are at least **eight characters** long; the more characters, digits and symbols your password contains the harder it is to guess.

Consider using a password made up of a phrase with some characters replaced with symbols and numbers.

- Example: I like to eat apple pie
- Becomes: **iL1k3t0e@tapPI3p1e**

Log out of websites and devices when you are finished using them.

Use multi-factor authentication (MFA) whenever possible.

Get a password maanger if you need help remembering all your online passwords.



Do not use the same passwords for all your devices and websites.

Do not use common, easy passwords such as those listed under Common Passwords.

Do not use a single word that exists in a dictionary such as **"chocolate"** or **"invincible"**.

Do not use any derivative of your name, the name of a family member, loved one or pet.

Do not use any phone numbers, addresses, birthdays, significant dates, car registration or your National Insurance number.