

Introduction to Cyber Security - Beginner's Guide

Cyber Security Best Practices - A Quick Guide

1. Use Strong Passwords:

- Create passwords with a mix of uppercase, lowercase, numbers, and special characters.
- Example: Replace "password" with "P@55w0rd!".
- Avoid reusing passwords across multiple accounts.

2. Enable Two-Factor Authentication (2FA):

- Adds an extra layer of security by requiring a secondary verification step.
- Use apps like Google Authenticator or SMS-based codes.

3. Keep Software Updated:

- Regular updates patch security vulnerabilities.
- Enable automatic updates for operating systems, browsers, and apps.

4. Use Secure Networks:

- Avoid public Wi-Fi or use Virtual Private Networks (VPNs) for encrypted communication.
- Secure your home Wi-Fi with a strong password and WPA3 encryption.

5. Be Cautious with Emails and Links:

- Avoid clicking on suspicious links or downloading attachments from unknown sources.
- Verify email senders before providing sensitive information.

6. Regularly Back Up Data:

- Keep copies of important files in secure locations like external drives or cloud storage.

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- Test your backups to ensure they are recoverable.

7. Educate Yourself and Your Team:

- Stay updated on the latest cyber security trends and threats.
- Conduct regular training sessions to promote secure practices.

By following these best practices, you can significantly enhance your online security and reduce the risk of cyberattacks.