

CYBER SECURITY

With the ever increasing threat of cyberattacks, individuals need to take precautions to keep sensitive information secure.



How to keep yourself protected:

1. **Strong Passwords:** Use a combination of numbers, symbols and letters to form a long, complex password. Use unique passwords for each online login and regularly change all passwords.
 - According to Google, an 8-character password with numbers, symbols and mixed-case letters has 30,000 times as many possible combinations than an 8-character password with only lower case letters.
2. **Multi-Factor Authentication:** If available, enable two-factor authentication for email, social media, financial accounts, etc. This functionality sends a one-time code to a mobile device to verify access, thus preventing unauthorized parties from accessing your account without the code.
3. **Updates:** To limit your computer/device vulnerabilities, be sure to promptly update any security software, operating system or other software releases.
4. **Secure Wi-Fi Network:** To deter cybercriminals from accessing devices through a home's wireless router, change the Wi-Fi network's factory-set default username and password.
 - Avoid unsecure access to public Wi-Fi networks, such as in coffee shops, airports, hotels, etc. A virtual private network (VPN) creates a personal, private network across public networks. A few of the VPNs available include TunnelBear, NordVPN, and IPVanish.



Cybercrime at a glance: The number of complaints received per year by the FBI's Internet Crime Complaint Center

The rate at which seniors are cyber-attacked in comparison to the rest of the population

2x

300K

Over 80% of cyberattacks are perpetrated via weak or stolen passwords (source Panda Security)

80%

Source: Department of Homeland Security



How long does it take to hack a password?

5 Characters	10 Seconds
6 Characters	1,000 Seconds
7 Characters	1 Day
8 Characters	115 Days
9 Characters	31 Years
10 Characters	3,000 Years

Source: infosecinstitute.com

Password Managers

- Dashlane
- Keeper
- LastPass
- 1Password

Identify Protection Services

- Identity Guard
- Identity Force
- ID Shield
- LifeLock
- Eversafe