



A Practical Guide to Cyber Security in 2019

For adults and teens

DON'T:

1. Do not use real details on social media or any place you don't need to
2. Don't take surveys online or on the phone
3. Shut Up - If you don't want your worse enemy to know something, don't post it
4. Type in Links - Do Not Click - Mouse over links and then type the in if you still think it might be real
5. Do not believe calls from banks, tech companies, the Government or police – call or visit them

DO's:

1. Educate your kids about cyber risks and cheating
2. Backup your data outside of your house
3. Patch everything from your Cell to your Nest Thermostat
4. Get a free AV or Malware checker for your cell
5. Don't install products from anywhere but the official apps store
6. Use password tiering
7. Get Two Factor Authentication whenever possible
8. Be proactive and perform random checks
 - a. Use a web-based antivirus like TrendMicro's free HouseCall to do a scan
 - b. Get a free credit report from Equifax (1-800-465-7166) or TransUnion
 - c. Use the Marriott system to check the dark web to see if you have been hacked: answers.kroll.com

IF YOU ARE HACKED:

1. Don't be embarrassed, be angry and act quickly
2. Notify your banks, family, employer and police
3. Do not pay ransom unless you have no other choice

