Don't endanger your devices.

Fire up that calendar reminder and reprint this worksheet at least every three months to double check yourself. Better cyber safe than sorry!

– BEFO

Cybersecurity Habits to Break

What you do on autopilot can hurt you – especially online. Here are the habits to track from month to month until cybersecurity becomes automatic.

Bad habit 1: Leaving your computer unlocked and unattended

With the slip of a USB stick, bad actors can corral files or steal information. This applies to coffee shops and even the office. Anytime you leave it, lock it!

Bad habit 2: Using weak passwords

Short, common, old, default, and guessable passwords can have serious consequences. Consider utilizing a password manager to help you create, change out, and remember your unique login. And don't forget to turn on multi-factor authentication (MFA) options!

Bad habit 3: Letting security updates slide

Every device, app, and antivirus you use has to be using the most recent version to be effective. Now security patches keep hackers from manipulating known vulnerabilities.

Bad habit 4: Using company equipment for personal use

More than half of us are guilty of it – especially if you WFH. A personal text or email may not seem like a big deal, but the consequences are real. Risks are even higher when online shopping or downloading non-company software.

If you do nothing else, delete personal data from your work machine and stop storing sensitive company info on your personal devices.

Bad habit 5: Getting too comfortable in your inbox

At least 90% of company-side cyber attacks come from a malicious email.

Don't let your guard slip. Take a moment to examine the “from” address in every email that hits your inbox, along with checking for suspicious links. (Yes, even if you know the sender!)

Bad habit 6: Letting your cybersecurity knowledge stagnate

Cybersecurity best practices change daily. Don't assume you know everything: Keep yourself educated.

HAVE YOU RESEARCHED CYBERSECURITY LATELY?

Don’t endanger your devices.