Cybersecurity Tips & Resources

presented by:

ROCKVILLE
ECONOMIC DEVELOPMENT, INC.
— MARYLAND —

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As an additional resource to our May 6 Workforce Roundtable event, our esteemed panelists submitted tips and resources to help event participants protect their data and themselves.

Cybersecurity Tips:

- Use multi-factor authentication for everything you can.

- Do not use a debit card for on-line transactions.

- Lock or freeze your information with the three main credit bureau accounts for free.

- Lock your National Consumer Telecom and Utilities Credit Bureau Account (NCTUE).

- Establish an online account with the Social Security Administration and Internal Revenue Service.

- When you can, use fake/nonsense information to answer security questions, try not to post or use your personal/identifiable information like a social security number, address, phone number, maiden name, etc. Make sure you know how to retrieve the answers if you need them in the future.

- Passwords should be at least 12 characters. Make each password different, but you can make minor changes in passphrases that allow you to remember them.

- Keep passwords safe--old school with paper and pencil, but not taped to your computer. You can also use a password manager, preferably ones that use multi-factor authentication. Or, you can encrypt a computer file with something like 7Zip.

- Use multiple email accounts so that if one is compromised, all may not be.

- Browse the Internet securely, ensuring a green lock icon appears in the address window).

- Be wary of free WiFi. Configure your device/phone to ask for permission to join any network prior to connecting. Install and use a VPN service if you need to use free WiFi to access any personal accounts (bank, email, Instagram, etc.)

- Back up your computer regularly--automatically or manually.

- Report any experience of fraud.

- On your mobile device, check permissions you give to apps. Turn off the microphone and any other unnecessary permissions. Website versions may require less permissions.

- Check app reviews, and only acquire apps from the official app store for your device.

- Add a mobile security/antivirus app.

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Cybersecurity Resources

Report Fraud
Internet Crime Complaint Center (IC3)

Stop Scams & Frauds

Telephone Scams

Microsoft Technical Support Scam

Check if Your Email's Been Compromised
Have I Been Pwned

Mobile Device Best Practice
NSA Mobile Device Best Practices

Apple Support Device & Account Checklist

Ultimate Guide to Privacy on Android

Credit Freeze
FTC Credit Freeze FAQs

Krebs on Security: Credit Freezes are Free (article)

NCTUE FAQs

Ransomware
Krebs on Security: Before You Pay that Ransomware Demand...(article)

Cybersecurity Resources - continued

Passwords
Wired: You Need a Password Manager (article)

Lifehacker: The Best Password Managers (article)

The Guardian: Create the Perfect Password (article)

Boston University Information Security

ConnectSafely: Tips for Strong, Secure Passwords & Other Authentication Tools (article)

Microsoft: One Simple Action You Can Take to Prevent 99.9% of Attacks on Your Accounts

PCWorld: How to Set up Two-factor Authentication for Your Apple ID and iCloud Account

Other Cybersecurity Info Sources
Security Newswire

National Cyber Security Alliance

Decent Security

SwiftOnSecurity: Twitter @SwiftOnSecurity

DarkReading: 5 Tips for Protecting SOHO Routers

NIST Small Business Cybersecurity Corner

CISA.gov Cyber Essentials Guide