



7 Simple Proactive Measures to Amp Up Your Cyber Security

There is no doubt about it, cyber threats are increasing in quantity, complexity and diversity. Like much of the malware out there, ransomware finds its way into systems through untrustworthy sites and attachments. While your IT department works to increase and maintain security on your network to protect valuable data, it's important to remember that YOU are the first line of defense. Here are seven preventative measures you can employ to prevent or minimize an attack.

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1 Keep your antivirus and malware application up to date.
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2 Keep your operating system, software and applications up to date.
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3 Avoid giving out your email addresses or passwords on publicly accessible websites.
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4 Do not click on links or attachments from senders that you do not recognize.
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5 Don't visit any suspicious sites or open email attachments from unknown sources.
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6 Avoid questionable websites. Only download content from sites you trust.
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7 Do not use your password from your work network for other accounts.