10 Tips to Stay Cyber Safe!

Cyber-attacks and data breaches are on the increase and Healthcare data is particularly vulnerable. Security is everyone's responsibility so here are **10 security tips** to help you stay vigilant.

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1 Emails
- Don't open emails from unknown sources.
- Don't click on links or open attachments from unsolicited emails.

2 Log off
When you're away from your device log out.

3 Passwords
- Make them complex, un-guessable and never share them.
- Don't reuse passwords from other sites.

4 Protect your stuff
- Keep your equipment locked up or take it with you.
- Report any loss immediately.

5 Shred it
Don't write passwords down and shred confidential waste.

6 Sharing & Storing
Only use approved applications. Hackers use clouds to gain access to information.

7 Back up
Save your data and critical files regularly.

8 Use a VPN
Don't connect to a public WiFi to access your work network.

9 Updates
Keep your devices, browsers and apps up to date with firewalls, security measures etc.

10 Report it
If it looks suspicious report it.

Caring for those who care the most