

Cybersecurity



Thanks for welcoming me to speak at your meeting.

In summary, the main points covered to protect yourself, your family, and your company or organisation are as follows:

- Don't be the low hanging fruit – make it difficult for the offenders!

BACKUP YOUR DATA

- Identify what data you need to back up
- Keep your backup separate from your computer (External hard drives rotated)
- Consider the cloud
- Use free services like Google drive/Microsoft OneDrive/iCloud
- Make backing up, part of your everyday business workflow

MALWARE

- Install (and turn on) antivirus software (Windows /Mac / Phones)
- Prevent staff from downloading dodgy apps
- Keep all your IT equipment up to date (patching)
- Control how USB drives (and memory cards) can be used
- Switch on your firewall

MOBILE DEVICES

- Switch on password protection
- Make sure lost or stolen devices can be tracked, locked or wiped
- Keep your device up to date
- Keep your apps up to date
- Don't connect to unknown Wi-Fi Hotspots

PASSWORDS

- Make sure you switch on password protection
- Use 2-step verification for 'important' accounts
- Avoid using predictable passwords
- Help your staff cope with 'password overload'
- Change all default passwords
- Use a password manager

PHISHING AND SOCIAL ENGINEERING

- Configure accounts to reduce the impact of successful attacks
- Think about how you operate. (Procedure)
- Check for the obvious signs of phishing
- Report all attacks – internally and to Law Enforcement
- Check your digital footprint

SOME USEFUL LINKS AND SOFTWARE AS DISCUSSED

<https://haveibeenpwned.com/>

<https://bitwarden.com/>

<https://www.malwarebytes.com/mwb-download>

<https://nordvpn.com/>

<https://ublockorigin.com/>

<https://cybernews.com/resources/an-easy-to-use-guide-to-clear-browser-cookies/>



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