



Health-ISAC™

Collaborating for Resilience in Healthcare



■ national council of
ISaCs

Safety Tips: Cybersecurity Awareness Month

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Staying Safe Online – The Best Defense is a Good Offense

Strong Passwords

- Use a memorable phrase or complicated combinations
- Ex: TimIdTimb (This is my lucky day. Today is my birthday)
- Ex: <sC48Pp*mA.Q2)bH52#B26*

Password Managers

- These make complicated passwords easy to use.
- Some password manager examples: 1Password, DASHLANE, LastPass, Keeper, Google Password Manager, NordPass, LogMeOnce, and more...

Staying Safe Online – 2 Things to Remember

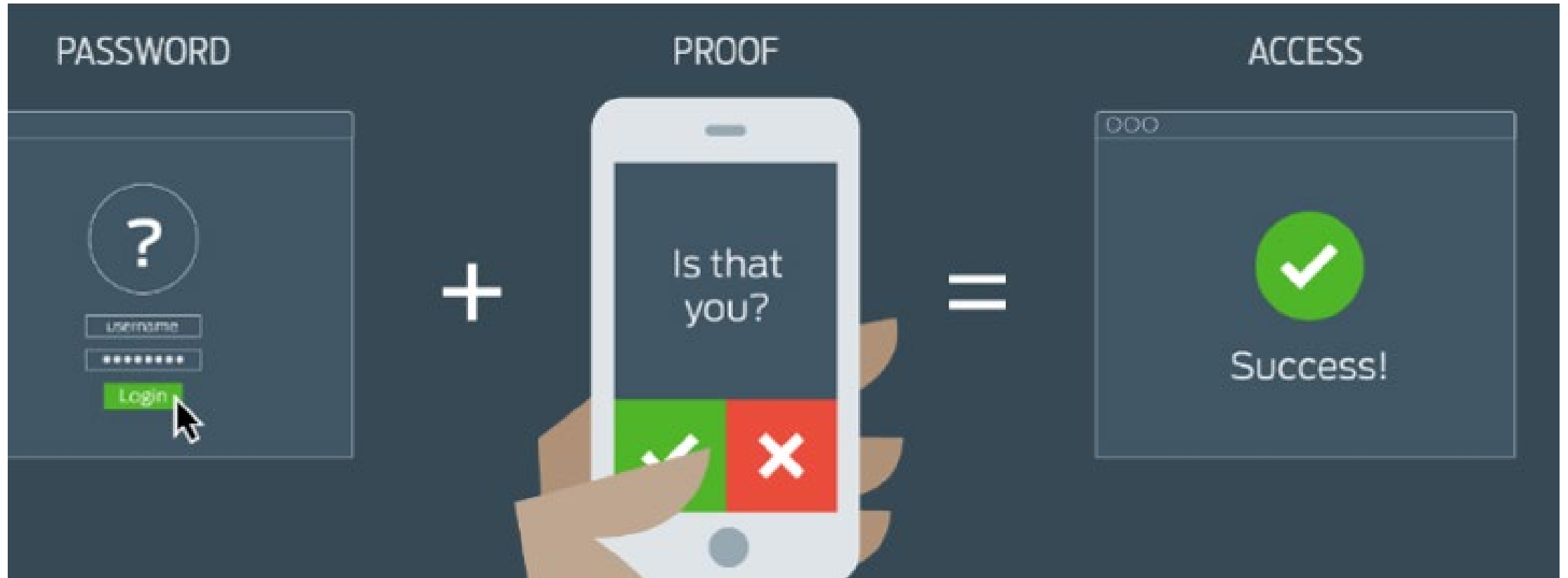
Email

- Use Multi-Factor Authentication
- Think Before You Click
- If it sounds too good to be true...

Updates

- Windows – Settings > Update & Security
- Apple – Settings > General > Software Update
- Android – System > Advanced > System update

What is Multi-Factor Authentication?



How Does Multi-Factor Authentication Work?



Use Multi-Factor (or Two-Factor) Authentication!

Online Retailers and Social Media

Amazon

<https://www.amazon.com/gp/help/customer/display.html?nodeId=G3PWZPU52FKN7PW4>

Apple

<https://support.apple.com/en-us/HT204152>

eBay

<https://accounts.ebay.com/acctsec/security-center>

Facebook:

<https://www.facebook.com/help/148233965247823>

LinkedIn

<https://www.linkedin.com/help/linkedin/answer/531?lang=en>

Twitter

<https://support.twitter.com/articles/20170431#>

SnapChat

<https://support.snapchat.com/en-US/ca/login-verification>

Financial and Other Sites

Paypal

<https://www.paypal.com/us/webapps/mpp/security/security-protections>

US Postal Service (USPS)

Go to “My Preferences” then “Security” to enable 2FA

US Social Security Administration

<https://secure.ssa.gov/RIL/HpsView.do#question3>

Yahoo!

<https://help.yahoo.com/kb/SLN5013.html>

Outlook.com

<http://windows.microsoft.com/en-us/windows/two-step-verification-faq>

Gmail

<http://www.google.com/intl/en-US/landing/2step/features.html>

Dropbox

<https://www.dropbox.com/en/help/363>

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