



GENERAL CYBER SECURITY GUIDELINES



Passwords and privacy settings matter.

- Use complex passwords (8+ characters, with uppercase, lowercase, numbers & symbols)



UPDATE PASSWORDS

- Change passwords at least every 45 days

USE MULTI-FACTOR AUTHENTICATION

- Use multi-factor authentication wherever available

REDUNDANCY

- Don't use the same password across sites

DON'T SAVE PASSWORD

- Don't store passwords in browsers or unsecured files

