

Personal Cybersecurity Strategies for Non-technical Users

Protecting your personal accounts from cyber attacks

- 1 Install a password manager like Bitwarden or 1Password today.
- 2 Generate unique, strong passwords for every online account.
- 3 Enable multi-factor authentication on email and banking accounts.
- 4 Use authenticator apps instead of SMS codes for MFA.
- 5 Turn on automatic updates for Windows, macOS, iOS, Android.
- 6 Pause before clicking links in unexpected emails or texts.
- 7 Hover over email links to verify the actual destination URL.
- 8 Set up automatic cloud backups using iCloud, Google One, or Backblaze.
- 9 Set a strong passcode and enable fingerprint/face unlock on devices.
- 10 Configure your phone to auto-lock after 30 seconds of inactivity.
- 11 Download apps only from official App Store or Google Play.