



# Cyber Security Check List

Practical, no-nonsense security steps you can apply today

## Passwords

- Create long, unique passwords connecting 4 or more random words.
- Include random words, CAPS LOCK, \$ymbols! and numbers123.
- Keep your passwords secure offline in a locked drawer or safe.
- Turn on Two-Factor Authentication (2FA).

## Finances

- Update banking passwords to impersonal and unique ones.
- Avoid using the same password across websites or social media.
- Enable biometric login (face recognition or fingerprint).
- Monitor accounts by enabling SMS or email transaction alerts.

## Email Security

- Use strong, unique passwords.
- Enable Two-Factor Authentication (2FA).
- Delete archived emails containing personal documents or financial details such as passports, licenses etc.

## Location & Device Security

- Keep your devices updated to apply critical security patches.
- Review app permissions and disable unnecessary location access.

## Social Profiles

- Set your profiles to private.
- Go through your 'friends' and 'follower' list, and remove anyone you don't know.
- Enable Two-Factor Authentication (2FA).
- Check apps and services linked to your social profiles — remove access for apps you no longer use.