

Are You Doing These 7 Things to Keep Your Personal Data Secure? ^[1]

1. **Use multi-factor authentication (MFA) on your accounts whenever available.**
Sometimes referred to as two-factor authentication (2FA), this added layer of protection will confirm you are who you say you are. See the *MFA Fact Sheet* attached below for more information.
2. **Think before you click links and attachments in email and text messages.** Assess links you don't recognize and attachments you are not expecting.
3. **Create long, complex, and unique passwords.** Use a [password strength checker](#) ^[2] to see how much time it might take a cybercriminal to crack a password. (Enter passwords similar to ones you use, not the actual passwords.)
4. **Keep your software up-to-date.** If possible, enable automatic updates on your personal devices.
5. **Use a virtual private network (VPN).** Boost Wi-Fi security with a VPN at home and when traveling; it provides a secure connection to the internet.
6. **Be cautious when sharing information on social media.** Oversharing can increase your vulnerability to phishing scams and identity theft.
7. **Trust your instinct.** If something seems suspicious, it probably is.

Visit the OIS webpage, [Top 10 Actions to Reduce Risk](#) ^[3], for more information.

Attachments:

[mfa-fact-sheet-jan22-508.pdf](#) ^[4]

Groups audience:

Office of Information Security

Sub Title:

As the threat of cyberattacks increases against the U.S. infrastructure, organizations are enhancing their cyber defenses. Since we all share the responsibility, here are seven things you can do to help keep your financial and personal data secure.

Source URL: <https://www.cu.edu/security/are-you-doing-these-7-things-keep-your-personal-data-secure>

Links

[1] <https://www.cu.edu/security/are-you-doing-these-7-things-keep-your-personal-data-secure>

[2] <https://www.security.org/how-secure-is-my-password/> [3] <https://www.cu.edu/security/awareness/top-10-actions-reduce-risk> [4] <https://www.cu.edu/doc/mfa-fact-sheet-jan22-508pdf>