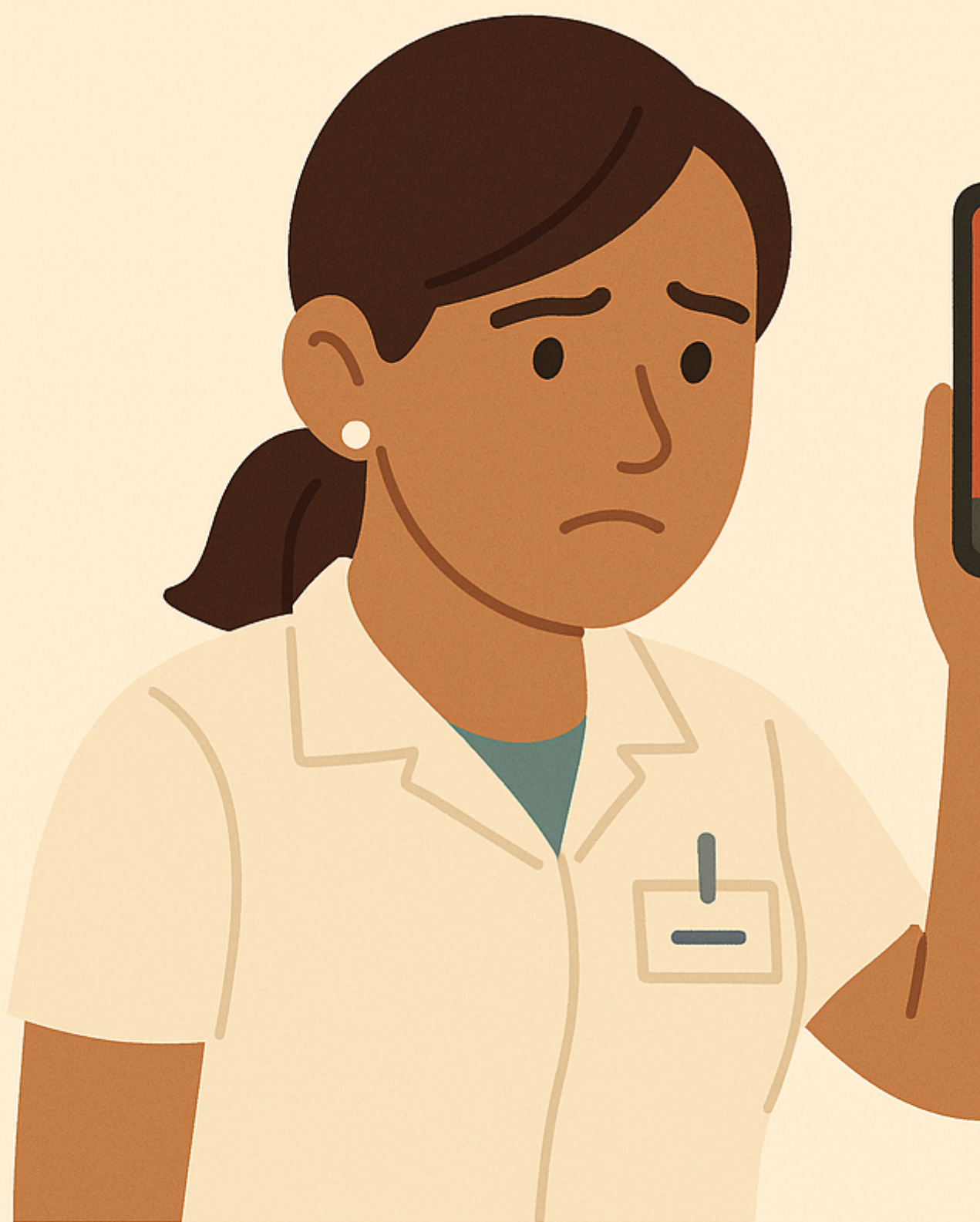


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The Health Care Technician: When Ignoring Updates Puts Your Device at Risk ^[1]



The

Cybersecurity doesn't have to feel overwhelming. Taking even a minor preventive measure can significantly impact security outcomes.

What Went Wrong – The Setup

A health care technician relied heavily on their personal smartphone for everyday life—texting friends, managing finances, and browsing social media. Over time, they ignored system and app update notifications, assuming they weren't important. One day, while visiting a familiar website, hidden malicious code exploited the outdated software. Without their knowledge, a cybercriminal gained access to personal information stored on the device.

The Cyber Safe Fix – Different Choices, Different Outcomes

- Enable automatic updates for your phone's operating system and all installed apps.
- Restart your phone at least once a week to complete queued updates.
- Delete unused or outdated apps that no longer receive updates.
- Install apps only from trusted, official app stores.

The Cyber Safe Recovery – What to Do After a Slip?up

- Immediately install all pending updates for the operating system and apps.
- Run the phone's built-in security scan or a trusted antivirus tool, if available.
- Change passwords for accounts accessed on the device, especially financial and personal accounts.
- Monitor your bank accounts, emails, and text messages for unusual activity.
- If problems persist, back up your important files, then perform a factory reset to ensure the device is clean.

More Real-Life Situations and Choices That Went Wrong

- [The Administration Assistant](#) [2]
- [The Faculty Member](#) [3]
- [The Department Manager](#) [4]

About Information Security on Your Campus

Each campus employs an information security officer along with other security staff to safeguard data. They evaluate risks, implement security protocols, and address security incidents.

- [CU Anschutz](#) [5]
- [CU Boulder](#) [6]
- [CU Denver](#) [5]
- [UCCS](#) [7]
- [System Administration](#) [8]

Groups audience:

Office of Information Security

Right Sidebar:

Did You Know-HC Tech

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Links

[1] <https://www.cu.edu/security/health-care-technician-when-ignoring-updates-puts-your-device-risk>

[2] <https://www.cu.edu/security/administrative-assistant-when-password-reuse-opens-door>

[3] <https://www.cu.edu/security/faculty-member-one-quick-click-can-be-costly>

[4] <https://www.cu.edu/security/department-director-mfa-fatigue-approving-wrong-request>

[5] <https://www.cuanschutz.edu/offices/information-security-and-it-compliance>

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