










- 1** Use strong passwords and/or a password manager. 
- 2** Use a safe internet connection. 
- 3** Watch out for phishing emails and calls. 
- 4** Update your software. 
- 5** Only share sensitive data if it is encrypted. 
- 6** Use two-factor authentication where possible. 
- 7** Use antivirus software. 
- 8** Make back-ups and test them. 
- 9** Carefully select the software you download. 
- 10** Need help?  
Ask your IT service provider  
or a cybersecurity expert. 