

Practicing Digital Health and Cyber Security



If you're going to be in digital spaces where you can communicate with others, such as social media, virtual meetings, and email, you'll want to follow these safety tips so you can enjoy connecting with others.



INFORMATION TO AVOID SHARING IN DIGITAL SPACES



Your banking information, such as account and routing numbers



Your social security number



Medical information



Your credit card number



Personal information such as your address, date of birth, and other details you use for login questions, such as your mother's maiden name



Your username and password



HOW TO PREVENT SCAMS



Restart and install updates on all devices whenever you can



Do not click suspicious links



Use strong and different passwords for everything



Use two-step or multi-factor authentication when given the option



Set up a password manager to help remember all your many unique usernames and passwords



Do not open emails or answer calls from people you don't know



Double-check your online purchase is secure before checking out



Do your research, and don't believe everything you see



Never send money via wire transfer or gift card to someone you've never met



Use secure and traceable transactions



Be mindful of what you share on social media



Resist demands to act quickly