STAYING CYBER-HEALTHY DURING COVID-19

Cyber attackers take advantage of high-profile events, particularly those that cause worry and concern. The Canadian Centre for Cyber Security offers the following tips to help Canadians stay cyber-healthy during the COVID-19 pandemic.

**BEWARE OF UNSOLICITED EMAILS AND TEXTS**
COVID-19-related phishing attempts are on the rise.

- Be cautious if the tone of the message is urgent or threatening
- Look for typos as they are often a sign of a phishing attempt
- Don’t click on links or attachments from senders you don’t know
- Use trusted anti-malware software

**BEWARE OF FAKES**
Fake websites related to COVID-19 are popping up.

- Check web addresses for spelling mistakes
- Navigate to the page using a search engine instead of clicking on a provided link
- Don’t submit login credentials or credit card details unless you are sure the web page is legitimate

**WORKING FROM HOME**
Cyber attackers are looking to exploit teleworking connections, because so many people are now working outside their organizations’ IT security perimeters.

- Secure your home wireless router with strong passphrases
- Don’t let family members or others use your telework account
- Turn off Wi-Fi, Bluetooth and GPS when not in use
- Use trusted anti-malware software
- Report suspicious activity to your IT security team immediately

**ATTENTION: HEALTH WORKERS**
Good cyber hygiene is extra important for health workers right now.

- Cyber criminals are likely to exploit the extra pressure on health organizations
- Hackers are likely to try to steal sensitive data and research related to COVID-19

**GENERAL TIPS**
Now is the perfect time to up your overall cyber hygiene game.

- Create passphrases: strings of words are stronger than passwords and easier to remember
- Install software updates right away as they often contain security patches
- Use multi-factor authentication to unlock your device like a PIN and a fingerprint
- Store your data securely: back up your crucial data and know how to retrieve it
- Secure your social media and email accounts: apply all the security and privacy settings

**LEARN MORE**
These tips are a great place to start. For more information visit: [cyber.gc.ca](http://cyber.gc.ca)

- 5 ways to protect yourself from COVID-19 scams
- COVID-19 cyber security for small and medium organizations
- Health sector: protect yourself from cyber threats
- Spotting Malicious Emails
- Best Practices for Passphrases and Passwords
- Staying cyber safe while teleworking
- Cyber Security Tips for Remote Work
- Social Media in the Workplace
- Instant Messaging

FOR MORE INFORMATION ON COVID-19 VISIT [canada.ca/coronavirus](http://canada.ca/coronavirus) or call 1-833-784-4397