

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.

Cyber attackers try to trick you into clicking on links or attachments so they can infect your device or steal your data.

- 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.

Cyber attackers are using fake websites, imitating health agencies or government departments, to spread disinformation or to scam people.

- 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
- Do not 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](#)

- [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](#) or call [1-833-784-4397](#)

