

# Essential Cyber Hygiene

#BeCyberSmart



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43% of all cyber attacks  
target small & medium  
business

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Accenture



82%+ of all cyber  
attacks involve a human  
element

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Verizon



63% of data breaches used  
a weak, default, or stolen  
password

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Security Intelligence



60% of small businesses  
that are victims of a cyber  
attack go out of business  
within six months

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US National Cyber Security Alliance

# Passwords & Password Managers

# Passwords & Password Managers

- Make it Long

- Make it Hard to Guess

- Don't make it personal
- Don't use common references

- Make it Unique

- Never reuse a password!
- Use a password manager

1. Michelle or M1ch3ll3

< 4 milliseconds

2. Bettendorf or B3tt3nd0rf

< 6 seconds

3. Jamacia or J@m@ci@!

< 30 minutes

4. "carnivore gigantic salt reforest"

< 3.7 billion centuries

5. 3EaNR3z5t5

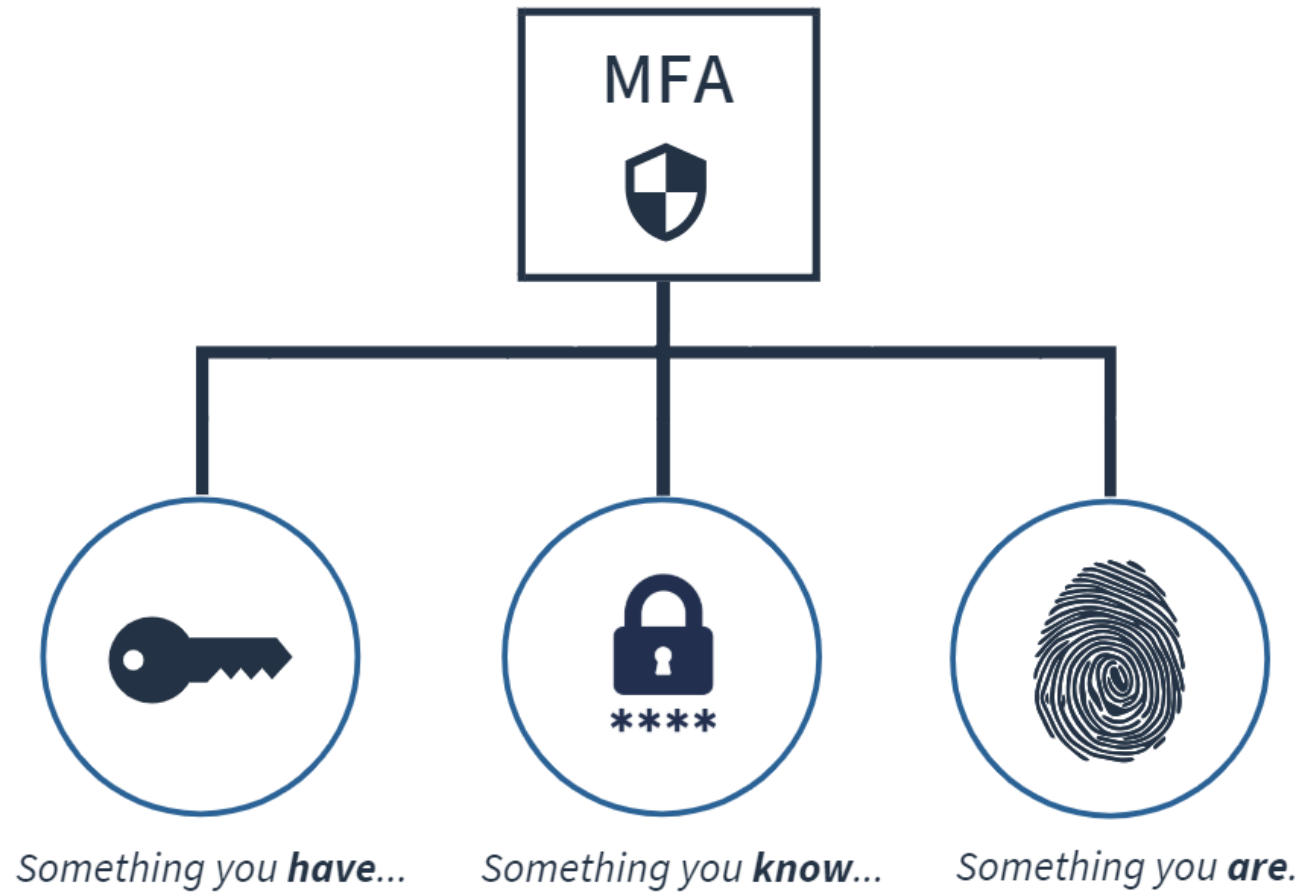
< 12 days

# Passwords & Password Managers

- Have I Been Pwned – <https://haveibeenpwned.com>
- Use a Passphrase – <https://useapassprhase.com>
- Password Managers
  - 1Password – <https://1password.com>
  - Bitwarden – <https://bitwarden.com>
  - KeePass – <https://keepass.info>
  - Dashlane – <https://www.dashlane.com>

# Multi-Factor Authentication (MFA)

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## EXAMPLE OF MULTI-FACTOR AUTHENTICATION (MFA) WITHDRAWING MONEY FROM AN ATM



Insert your bank card  
(Something you have)

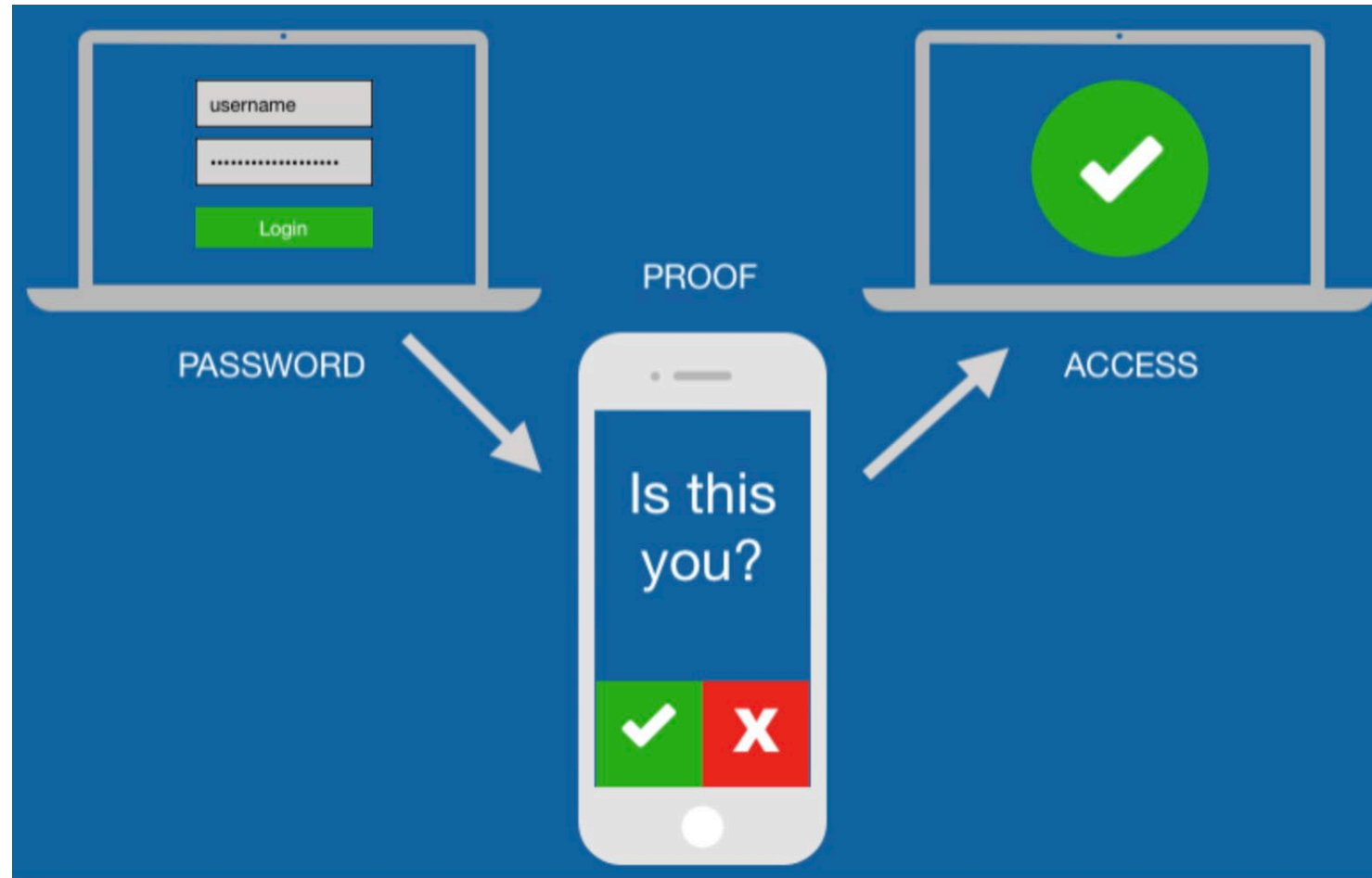


Enter your PIN  
(Something you know)



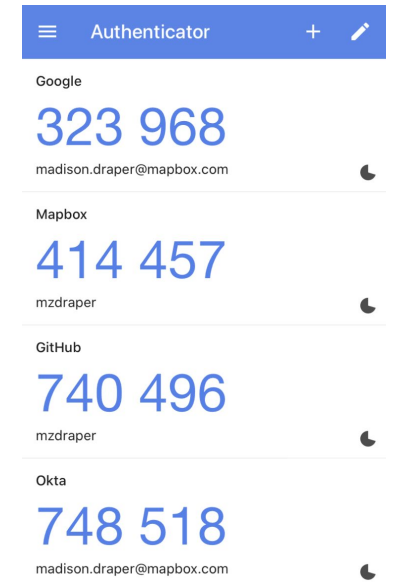
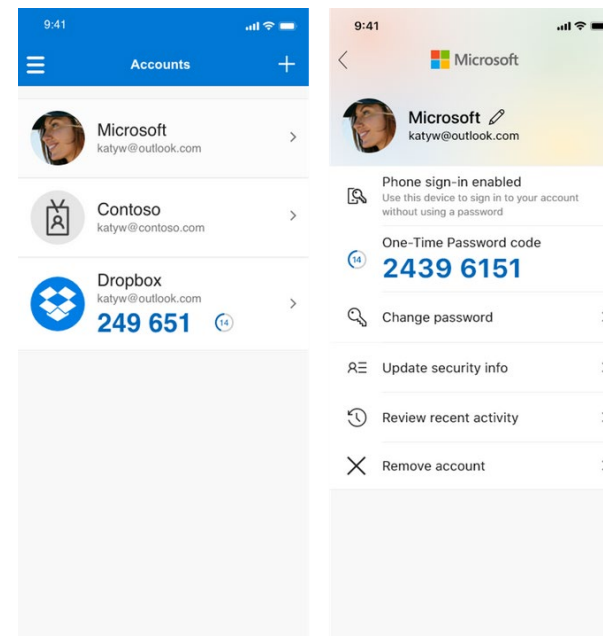
Receive your money  
(Gain secure access)

# Multi-Factor Authentication (MFA)



# Multi-Factor Authentication (MFA)

- Choose security over convenience
- Use MFA everywhere!
- Use MFA apps vs SMS/Text
  - Microsoft Authenticator
  - Google Authenticator
  - Authy



# Phishing, Smishing & BEC

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Phishing is a type of cyber attack where an attacker poses as a trustworthy entity, such as a bank or a company, to trick individuals into revealing sensitive information like passwords, credit card numbers, or personal data.

Typically carried out through email, text messages, voice mail or social media.

# Phishing, Smishing & BEC

- Watch for Red Flags
  - Sense of urgency & immediacy
  - Strange or wrong reply-to address
  - Generic or strange salutation
  - Official org but has grammar issues
  - Seems too good to be true
- Call to confirm with a known number
- Examine the URL very closely
- Type the URL yourself instead of clicking a link

# Phishing, Smishing & BEC

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**From:** ROBERT GALLAGHER <ms01342330@gmail.com>

**Sent:** Saturday, February 25, 2023 2:06 PM

## Request



ROBERT GALLAGHER

To: Reiter, Jeff

Jeff,

Could you please spare a minute to assist me in completing a task discreetly.

Would be glad to receive your response through email because i'm presently in a meeting.

Best Regard

ROBERT S. GALLAGHER

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# Phishing, Smishing & BEC

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**From:** Jeff Reiter <officia.us.org@gmail.com>

**Sent:** Wednesday, February 15, 2023 7:42 PM

DD CHANGE



Jeff Reiter

To Zemo, Christy

Hi Christy.

I have slight issues with my bank and would like to use a temporary account for my payroll. Hope it is not too late?

Thanks,  
Jeff Reiter

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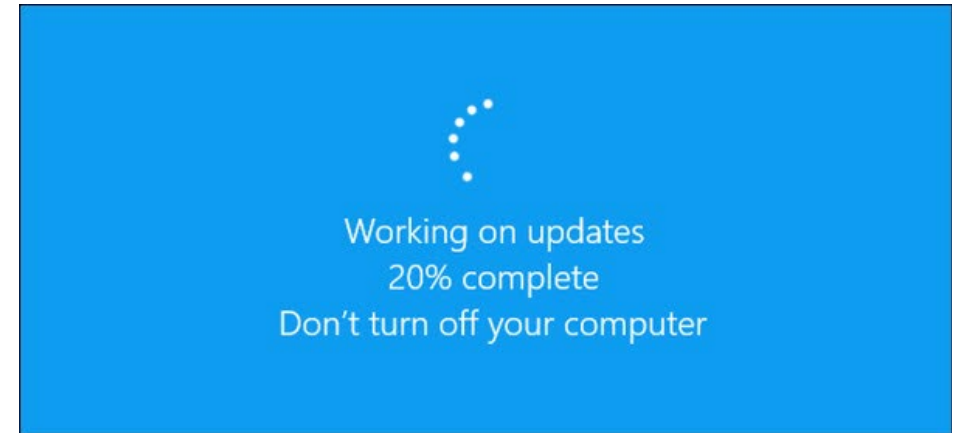
# Phishing, Smishing & BEC

- Amazon's Cybersecurity Awareness Training
  - <https://learnsecurity.amazon.com/>
- Microsoft's Be Cyber Smart Kit
  - <https://www.microsoft.com/en-us/security/business/cybersecurity-awareness>
- KnowBe4 Social Engineering Red Flags
  - <https://blog.knowbe4.com/red-flags-warn-of-social-engineering>
  - <https://www.knowbe4.com> (free & paid)

# Software Updates

# Software Updates

- Windows, iOS, Android
  - Set on automatic
  - Install them ASAP!
- Web Browsers
  - Set on automatic
  - Restart browsers often
- Other Software
  - Set to automatic, if possible
  - Regularly check for updates



# Anti-Virus, Malware & Ransomware

# Anti-Virus, Malware & Ransomware

- Use a top “anti-virus” software suite
- You get what you pay for, generally
- Keep your definitions up to date
- Never open unexpected files
- Use an Ad Blocker in browsers
- Use DNS filtering

# Anti-Virus, Malware & Ransomware

- Security Suites

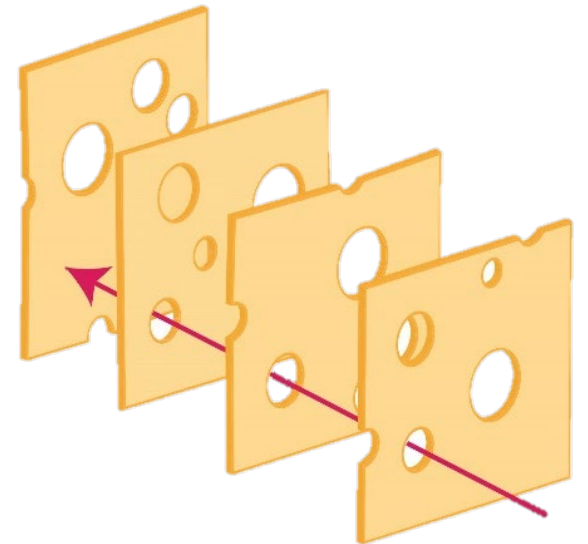
- Symantec/Norton - <https://us.norton.com/products/norton-360-standard>
- Bitdefender - <https://www.bitdefender.com/>
- Malwarebytes - <https://www.malwarebytes.com/>
- McAfee - <https://www.mcafee.com/>
- Microsoft Defender - <https://www.microsoft.com/en-us/windows/comprehensive-security>

- DNS Security

- 1.1.1.1 - <https://one.one.one.one/family>
- Quad9 - <https://www.quad9.net>
- AdGuard DNS - <https://adguard-dns.io>
- OpenDNS - <https://www.opendns.com/home-internet-security/>

# Other Tips

- Secure your router & Wi-Fi
- Use a PIN or biometrics on your phone
- Use PC username & password with auto-lock
- Use Microsoft's built-in security features
- Backup your data/files
- Encrypt your data





Questions?