

Shields Up: Guidance for Families

Every individual can take simple steps to improve their cyber hygiene and protect themselves online. In fact, there are **4 things you can do to keep yourself cyber safe**. CISA urges everyone to practice the following:



Implement multi-factor authentication on all accounts

A password isn't enough to keep you safe online. By applying a second layer of identification, like a confirmation text message or email, a code from an authentication app, a fingerprint or Face ID, you're giving your bank, email provider, or any other site you're logging into the confidence that it really is you. **Multi-factor authentication can make you significantly less likely to get hacked.** Enable multi-factor authentication on your email, social media, online shopping, financial services accounts.

Update your software

Make sure to **turn on automatic updates to protect your devices from hackers** who exploit system flaws. Update the operating systems on your mobile phones, tablets, and laptops. Also, update all your applications, especially web browsers. Enable automatic updates for all devices, apps, and operating systems to **keep them secure.**

Think before you click

More than 90% of successful cyber-attacks start with a phishing email. A phishing scheme is when a link or webpage looks legitimate, but it's a trick designed by bad actors to have you reveal your passwords, social security number, credit card numbers, or other sensitive information. Once they have that information, they can use it on legitimate sites. And they may try to get you to run malicious software, also known as malware. **If it's a link you don't recognize, trust your instincts, and think before you click.**

Use strong passwords, and ideally a password manager to generate and store unique passwords

Use unique passwords for different online accounts. In other words, use different passwords for Netflix, Amazon, and Facebook. If an online service is compromised, you do not want hackers to gain access to the password to all your accounts. Our world is increasingly digital and increasingly interconnected. So, while **we must protect ourselves**, it's going to take all of us to really protect the systems we all rely on.

For more info: <https://www.cisa.gov/secure-our-world/secure-yourself-your-family>

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Quick Tips

As the nation's cyber defense agency, CISA stands ready to help the nation prepare for, respond to, and mitigate the impact of cyber-attacks.



Protect all devices with Antivirus



Enable multi-factor authentication



Choose strong passwords



Avoid Phishing scams



Shop at safe websites



Check website URL



Check your privacy settings



Remember to log off