

SOTERIA
DIGITAL SECURITY AND PRIVACY

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How do I avoid exposing my sensitive and private information online

What is the best protection for my data?



As always, the best protection is to access only secure sites, not to give information if you are not sure that it is necessary or legitimately required, and to always use software protection methods. Your personal data is protected by law. But is not enough.

How I can protect my personal and sensitive data?



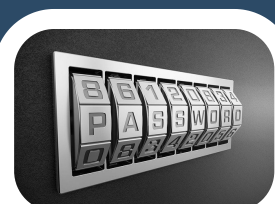
Use only “secure” sites to shop or when providing information about yourself. These sites have a “lock” icon in the status bar and their address (or URL) begins with “https.”

Don't click on links embedded in emails or on sites to which you are transferred unless you are familiar with the sender or the website.



Beware of unsolicited emails in which the sender asks you to provide personal information, such as a Social Security number or account number, or asks you to click on a link or open an attachment. Do not provide this kind of information, or addresses or phone numbers, including on social networking sites, and be wary of clicking on links that you do not recognize.

Use “long and strong” passwords on online sites: Use capital and lower case letters, numbers and special characters to create passwords that are at



least 8 to 10 characters long. Do not use passwords that contain your or a family member's name, birthday, or address. Do not use the same password for multiple sites. Finally, you should change your passwords regularly.



Assume that anyone can see your information, photos, or data if you are using a public wireless network. Make sure that your home wireless networks are password protected, or better yet encrypted, to prevent unauthorized access.

Use security and anti-virus software programs on all your computers and devices, such as smartphones and tablets, and update that software when prompted. Updated software versions often contain security patches that help protect against malware (software programs designed to steal your personal information from otherwise secure sites).



Recognize that photos, videos, text messages and other data stored on a computer or a phone may be backed up elsewhere, on what's commonly known as the "cloud." You should read your service provider's privacy policies to ensure the provider is agreeing to take reasonable security measures to maintain the privacy of information in the cloud.

Be wary of "free" games and software offered on the Internet. "Free" often means that you are giving up personal information in exchange for using the product.

