

# You don't need superpowers to protect your information — **all it takes is smart security practices**



WHETHER YOU'RE IN THE WORKPLACE OR WORKING FROM HOME, YOU MAY WONDER HOW TO PROTECT YOURSELF FROM CYBERSECURITY THREATS.

Check out these tips to help shield your precious data and devices from harm's way:

- Stick to approved devices, apps, and software — and make sure they're always up to date.
- Connect to trusted networks only. Avoid free public Wi-Fi
- To cover your tracks, have your VPN on at all times.
- Create strong passwords and add an extra layer of security with multi-factor authentication.
- Don't leave your devices unattended without locking them up first.
- Give your webcam some privacy with a cover.
- Keep your home router updated and secure.
- Leave the IT work for the experts at your company's Help desk. DIY might lead to an SOS (save our security) situation.

Technology offers you the flexibility to work from anywhere. But with freedom comes responsibility. It's up to you to ensure that your work is secure by adopting good online habits like creating strong passwords, using multi-factor authentication, and updating your software regularly.



**66%**  
of Americans  
are working  
from home  
at least  
one day  
a week.<sup>1</sup>



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