

Safety Tip of the Week Cyber Security Protection is Safety

AFRH

Safety Office reminds you that scammers are becoming smarter in their attacks & veterans should be aware of cyber scams targeting their benefits, including fishing, identity theft, e-mail scams, forgery, wire and mail fraud.

Cyber security analyst come across online threats every day. These threats can wreak havoc on your personal life. So it's essential to protect your privacy and data from unauthorized access.

Below are some essential cybersecurity tips to protect your privacy and data from these bad actors and preventing their unauthorized access.

Protecting Your Digital Fortress

Cybersecurity



- ✓ **Screen emails carefully**, and only open emails from senders you know.
- ✓ **Be cautious of popups** on websites and links on emails or texts
- ✓ **Maximize privacy settings** on social media
- ✓ **Limit Personally Identifiable Information (PII)** you post online (address birth dates)
- ✓ **Download strong antivirus software** to protect your system
- ✓ **Never send bank information** or payment to “online friends” or others you don't know

All the above practices are vital for protecting against cyber threats and maintaining the security of your digital world. As an individual you can use these sober practices to secure your privacy and data.

Click here for additional info:

<https://digital.va.gov/cyber/>

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