Building Cybersecurity Habits

**USE SECURE PASSWORDS**

- It only takes 2 seconds to crack an eleven-character password that uses only numbers.
- Check if your email address has been involved in any data breaches at haveibeenpwned.com.

**CLICK WITH CAUTION**

- A cyber attack occurs every 39 seconds!
- Look for signs of phishing in emails or ask a friend or colleague to confirm if it’s real.

**APPLY UPDATES**

- Applying updates is the most important step you can take to keep your devices safe.
- Set up your devices for automatic updates to boost security.

**KNOW YOUR RISK**

- Yale classifies data based on risk - high, moderate, and low - and has approved services for each risk level.
- Lock your computer screens when you leave your workspace.

**REPORT CYBER INCIDENTS**

- Go with your gut. You know your work better than anyone. If something seems unusual or suspicious, don’t ignore it.
- Report suspicious emails even if you’re not 100% sure they’re fake.