

Cyber Security Awareness Month

October is Cyber Security Awareness Month. It's the perfect time to share some important information that can help you prevent a cyber attack on private and confidential information at work and at home.

Your IT department works behind the scenes to provide protection from hackers, but, everyone has a role to play in keeping our computer systems secure.

Each week, you will have a chance to enter our draw to win a \$100 Amazon Gift Card by providing the correct answer to our trivia question. You can get up to 4 entries into the draw if you answer all the questions correctly. The draw will take place on November 1, 2022 and the winner will be shared in the following staff newsletter.

What is Phishing?

Phishing is an attack from a scammer. Similar to real fishing, phishing casts a wide net to lure in as many victims as possible.

The scammer will:

- Call you
- Text you
- Email you
- Use social media

These spoofing techniques tailor messages to look like it's from a legitimate organization (e.g. bank, government).

The message will include information to entice you to click on a link and input your information or open an attachment to infect your computer.

Passwords

Passwords provide the first line of defense against unauthorized access to your computer and personal information. You should never give your password to anyone. That includes your manager, people you know and trust including IT staff.

Hackers can break down your passwords by sending phishing emails, guessing common passwords and monitoring Wi-Fi traffic.

Combat this by creating complex passwords using these rules:

1. Change passwords and upgrade to passphrases to include numbers and symbols and a minimum of 15 characters
2. Use special characters like &%\$ to separate words.
3. Work passwords should be different from personal passwords.
4. Do not write down your passwords and leave near or on your computer/desk
5. Always enable two-factor authentication if available

If you have a cyber security question for IT, please send it to help.desk@tbh.net and we will publish your questions and answers in early November.

[Click here to answer today's trivia question for a chance to be entered into our draw for \\$100 Amazon Gift Card.](#)



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