

PROTECT ALL YOUR ONLINE CONNECTIONS

A STRONG PASSWORD IS THE FIRST STEP!

- 1. DO NOT USE letters and numbers in sequence (examples are qwerty, abcde, 12345, asdf). Sometimes we have a mental mechanism that we use what's readily available.
- 2. NEVER use your birthdate. We know it is easy to remember, but it will also be easy for others to crack your password, especially if your birthdate information is available online.
- 3. COMBINE letters, numbers and symbols that at least has eight characters. Having different combinations will make your password tougher to crack.
- 4. REFRAIN using your name. Some websites have this kind of catch error to prevent you from using a part of your name as your password.("Eva" and "Alex" are the most common names in passwords.)
- 5. LESSEN using any of your related information. Cyber thieves can easily check these details online. Steer clear using your family members' name and birthday, pet name, address or hobbies.
- 6. AVOID using common passwords. Such abused ones are P@\$\$w0rd, password, 1234567890, ioveyou, etc.
- 7. STOP reusing your passwords. Every time you create a new password, do not use previously used and similar passwords from other accounts.
- 8. STRONGER passwords can also be a long passphrase where you combine multiple words into a long string of at least 15 characters (ex: correcthorsebatterystaple, randommousebottlepickle)
- 9. REFRAIN from changing just one digit whenever you update your password every 60-90 days. (ex: MyG@laxyPassw0rd01, MyG@laxyPassw0rd02, MyG@laxyPassw0rd03)
- 10. USE a Password Generator and a password manager. Do not store them in notepads and sticky notes.

Your password choices are your first line of defense against hacks and cyberattacks. It is up to you if you want your account to be easily compromised or securely protected. Create a best guard to strengthen your passwords.





