

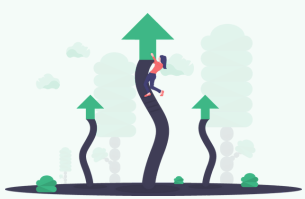
# CYBER FITNESS AT HOME



Cybercriminals are shifting their attention from offices to people's homes in an attempt to get into businesses big and small.

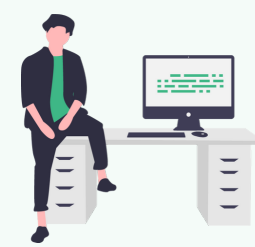


Everyone needs to play a role so that we can all stay in business.



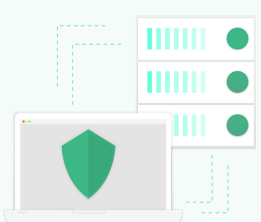
## Check for security updates

- Check that the latest Operating System security updates are installed and **enable Automatic Operating System Updates**.
- Check that the latest application updates are installed and set **Automatic Updates for all Applications**.



## Enhance the security of your computer

- Make sure you're running up to date Antivirus.
- Turn on Firewall protection.
- Encrypt your hard drive with Windows 10 Device Encryption or MacOS FileVault.
- Set a strong password or pin and face or fingerprint unlock.
- Create a user account for work without administrator privileges.



## Tighten up your home network

- Change the default administrator password on your router to something long and strong.
- Check that your router firmware is up to date.
- Review your DNS settings and consider using a DNS filtering service.
- Remove untrusted devices from your main network.
- Move smart or Internet connected devices to a separate guest network.
- Turn off devices that aren't needed while you're working.



## Protect your web browsing

- Setup a separate browser or browser profile for work and personal use.
- Install an Adblocker.
- Enable Safe Browsing Mode in your privacy settings.