

# Cyber Spring Clean Personal Accounts



Spring is not just a good time for cleaning your home, it's also a good time to clean up your cyber footprint.

Throughout the year, you extend your digital footprint by paying bills, shopping, using social media, and many other digital activities whether for personal or business activities. Cleaning your technology and digital footprint can help to protect you and your loved ones. To help you spring clean your technology and cyber footprint, we have developed a checklist to help you through the process.

1

**Change all your passwords, including default passwords, to the current recommendations of 3 random words.**

2

**Create new and separate email accounts for banking, social media, shopping online and personal correspondence.**

3

**Don't include personal details in your email account address  
i.e. jimblack1980@google.com**

4

**Close old applications or accounts that you are no longer using.**

5

**Use the junk folders in your email to block scammers from contacting yourself.**

6

**Enable multi factor authentication wherever possible.**

7

**Wi-Fi, when you are on the go don't connect to the Internet using unknown hotspots, instead use your mobile 3G, 4G or 5G mobile network, which have built-in security.**

8

**Check your security, privacy and location settings are set appropriately to the application being used.**

9

**Save your important data/images to an external drive or cloud to restore the data if your device is compromised.**

10

**Make sure all applications, operating systems, and devices (computers, phones, tablets, smart devices, TVs, etc.) are set to automatic updates.**