

## SIMPLE STEPS TO PROTECT YOURSELF, YOUR INFORMATION AND YOUR MONEY



### **Keep up to date!**

Whatever devices, operating systems, software or apps you use, always ensure you are running the most up to date versions. Updates include security patches to fix vulnerabilities! If you can, select 'Auto Update'.

### **Antivirus**

Make sure you have up to date antivirus installed and running for all devices you use to access the internet and email – make sure you are always running the most up to date. If you can, select 'Auto Update'.

### **Passwords**

You need to have a different password for everything you log in to. Make sure you're using [#ThreeRandomWords](#) to create a strong, separate password for each account.

### **iTunes Scams**

NO legitimate debt can be paid in iTunes vouchers - #HangUp on that call

### **Courier Fraud**

Neither the Police nor Banks will ever contact you to:

- transfer money to a safe account;
- withdraw funds for safekeeping;
- assist with a covert investigation

OR

- collect cash, bank cards or PIN numbers

***ALWAYS #TakeFive and REMEMBER!** – emails, texts and phone calls can all easily be spoofed. Don't automatically assume any contact is genuine until you have verified that it is.*

### **Did you know that you can forward suspected phishing emails to**

NFIBPhishing@city-of-london.pnn.police.uk

## **Want to know more?**

### **VISIT GetSafeOnline!**

[www.getsafeonline.org/Leicestershire](http://www.getsafeonline.org/Leicestershire) is the key site to signpost people to for advice both individuals and businesses.

### **Reporting cyber crime and Fraud**

Underreporting of incidents is still very high. Please report all incidents via Action Fraud – [www.actionfraud.police.uk](http://www.actionfraud.police.uk) and 0300 123 2040.

### **Beware Free WiFi!**

Fine for maps, bus timetables, weather etc – but do not risk sensitive information, such as being on social media, checking emails, banking, shopping etc – use your 3G or 4G on your phone.

## **CHOOSING ANTIVIRUS, Virtual Private Network Apps (VPN) ETC**

- Read reviews from other users – just as you would when researching restaurants or holidays!
- Search for articles on best products
- Note the number of downloads and reviews left before downloading any apps or software (if not many, AVOID!)
- What score do other users give it?

### **CHECKLIST**

- Check Operating Systems are supported and running the latest version (Windows 7 & above!)  
If you are still using Windows Vista or XP, you must upgrade as a matter of urgency!
- Check Firewalls, Antivirus, Antimalware and Antispyware installed up to date and running
- Check your passwords are secure enough and not used across platforms
- Check your digital footprint
- Check UK Phonebook & 192.com for entries in your name – request removal
- Check your social media settings
- Check your email address with [www.haveibeenpwned.com](http://www.haveibeenpwned.com)
- Ensure your home router has a password set, if the original default, change it
- Don't use public WiFi for sensitive transactions such as banking/social media/email unless you're using a VPN (Virtual Private Network). Alternatively, revert to 3G/4G on your device

***Please do share this information with family, friends, and neighbours !!***

**Samantha HANCOCK**  
Cyber Protect Officer  
Leicestershire Police

***For more advice follow @LeicsCyberAware on Twitter!***