

# 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'. If you are still using Windows XP, Vista or Windows 7 you need to upgrade ASAP.

## 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.

## Protect your passwords

[www.havebeenpwned.com](http://www.havebeenpwned.com) – check to see if your details have been compromised. Click on the three lines and opt for notify me – you will be contacted anytime your passwords are found on the dark web allowing you to immediately change your passwords to protect accounts.

## #2FA Turn it on!

Most email accounts, shopping and social media accounts will allow you to choose 2 Factor Authentication (2FA) in the security settings. It means you'll need to carry out an extra step to log in, but it means that ONLY you will be able to log in to your accounts!

For step by step instructions on how to set this up for your accounts, visit [www.twofactorauth.org](http://www.twofactorauth.org)

## BEWARE of phishing emails! *Especially Covid-19 themed ones currently!*

**ALWAYS #TakeFive and REMEMBER!** – emails, texts and phone calls can all easily be spoofed. NEVER assume any contact is genuine until you have verified that it is. **Don't click** on links in emails or open attachments unless you are certain they are safe.

*If an email relates to an account issue of ANY sort, always log in via a browser or an app – **NEVER** click on a shortcut in a text or email to log in or "resolve" an issue.*

**Did you know that you can forward ANY suspected phishing emails** to [report@phishing.gov.uk](mailto:report@phishing.gov.uk); and suspicious texts can be forwarded to 7726 (spells SPAM on your keypad)

## iTunes / Gift Card Scams

**NO** legitimate debt can be paid in iTunes vouchers or any other type of gift card - **#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

## **Bank Accounts**

**REMEMBER** it is a criminal offence to allow your bank account to be used for making payments on behalf of others! It's money laundering! <https://www.moneymules.co.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, news, weather etc – but do not risk sensitive information, such as being on social media, checking emails, banking, shopping etc – use the 3G or 4G on your phone.

### **Covid related scams**

There are a number of text messages and emails offering grants, refunds etc on tax, TV licence etc doing the rounds. Remember if it sounds too good to be true, it more than likely is! These two things certainly are not legitimate. Remember to forward suspicious emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and suspicious texts to 7726 to help get fake websites taken down.

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

- Paid for solutions are always going to be superior to free versions
- Read reviews from other users – just as you would when researching restaurants or holidays!
- Search for articles on best products and visit GetSafeOnline, [www.ncsc.gov.uk](http://www.ncsc.gov.uk) and 'Which?'
- 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?

### **Neighbourhood Link**

Sign up to Leics Police free Community Email Messaging Service, for local beat information, crime prevention, fraud and cyber advice visit [www.neighbourhoodlink.co.uk](http://www.neighbourhoodlink.co.uk) and select "Register".

### **Thinking of investing?**

Sadly there are many fake investment scams being offered via telephone, social media and internet.

**ALWAYS** check FCA register BEFORE investing money

<https://register.fca.org.uk/s/>

### **Samantha Hancock**

Cyber Protect Officer

[samantha.hancock@leicestershire.pnn.police.uk](mailto:samantha.hancock@leicestershire.pnn.police.uk)

[www.eastmidlandscybersecure.co.uk](http://www.eastmidlandscybersecure.co.uk)

***For more advice follow Leics police Cyber Aware on Facebook and @EMCyberSecure on Twitter! You might also be interested in visiting [www.eastmidlandscybersecure.co.uk](http://www.eastmidlandscybersecure.co.uk) for more advice and information.***

***DON'T ASSUME EVERYONE KNOWS – SHARE THIS INFO WITH OTHERS!***