Let’s Talk About Cyber Crime | 5 MINUTES | CHECK 5 TIPS

#LetsTalkAboutCrime

1. Use strong passwords to keep your data and emails safe, for example use three random words such as ‘Click-Sand-Drum’. Do not use your email password for any other account. To add extra security use two-factor authentication (a type of ‘double check’ system).

2. Use up to date and recognised anti-virus software on all of your devices to keep you safe from known viruses. Install software and device updates as they become available to keep your phone, tablet or computer well protected.

3. Information stored on your devices may be irreplaceable, back up your data and create a copy should it get compromised or stolen. Back it up using a ‘cloud’ service, such as Google Drive (free), or to a USB device that you keep somewhere safe.

4. Don’t click on links or downloads in emails unless you are 100% of the person or company who has sent the email to you. Links in emails are the biggest threat to downloading malware (malicious software) onto your computer.

5. Fraudsters often use the names of well-known companies to commit their crime. Reputable companies will never phone you to ask for access to your computer, if you receive such a phone call just hang up.

Find out more about burglary and other crime prevention advice on our website: essex.police.uk/onlinesafety

Read this leaflet? Pass it on to a relative, friend or neighbour. Let’s all talk about crime and how to prevent it happening.