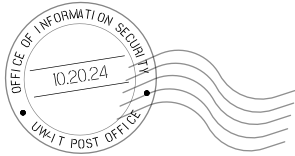


Stay protected, stay proactive



Cyber hygiene tips to secure UW data



This National Cyber Security Awareness Month, protect yourself and UW by practicing the cyber hygiene tips on the right.

From safeguarding your devices to securing personal and university data, we all have a role in keeping online threats at bay.

Learn more at
itconnect.uw.edu/NCSAM

INFORMATION TECHNOLOGY

UNIVERSITY *of* WASHINGTON
Office of Information Security

2FA/MFA: Use multi-factor authentication (MFA) for UW services and personal accounts when possible.

Passwords: Avoid reusing passwords. Use a unique, memorable passphrase.

Updates: Keep software, apps, and operating systems up to date.

Phishing: Be cautious of unsolicited job offers, gift card requests, and offers that seem too good to be true.

Backups: Regularly back up important data using multiple methods.

Secure Disposal: Properly dispose of devices containing personal or UW information.