# CYBER SECURITY

## TOOLKIT

TEAM 5
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Chapter 7, 3° Teamwork

## STRONG PASSWORDS

Strong passwords are essential for protecting accounts and systems. Use combinations of upper and lower case letters, numbers and symbols, avoiding simple words or personal information. Always create unique passwords for each account.

## SOFTWARE UPDATED

Keeping your software up to date ensures protection against vulnerabilities exploited by hackers. Enable automatic updates and install patches regularly to minimize risks.

## ENABLE TWO-STEP AUTHENTICATION (2FA)

Two-step authentication adds an extra layer of security by requiring a second confirmation in addition to the password. Use methods like SMS codes or tokens to protect your accounts from unauthorized access.

## REGULAR BACKUPS

Perform regular backups of your data to avoid losses in the event of attacks or failures. Use cloud storage services, external drives, or USB devices to keep your information safe and accessible.

## VPN

**VPN**
A VPN protects your browsing by encrypting your data and hiding your IP, ensuring security and privacy against hackers and online tracking.