

HEALTHY SAFETY HABITS THIS 2024



Developing good habits in life is the key to good physical and mental health, so you can take actions that contribute to the health of your digital well-being.



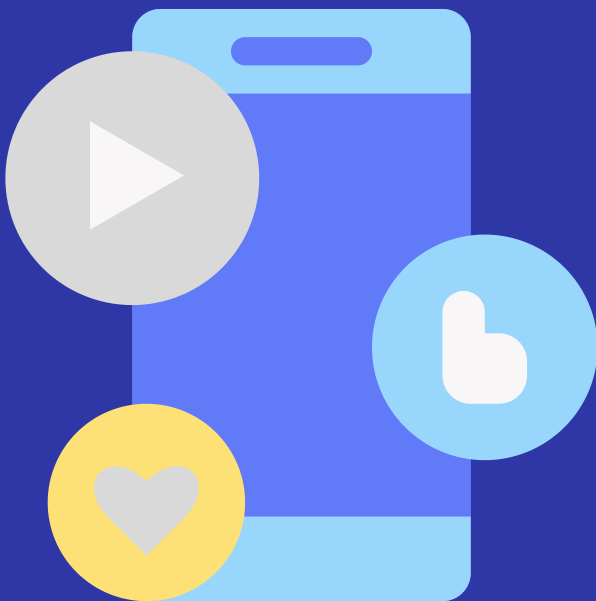
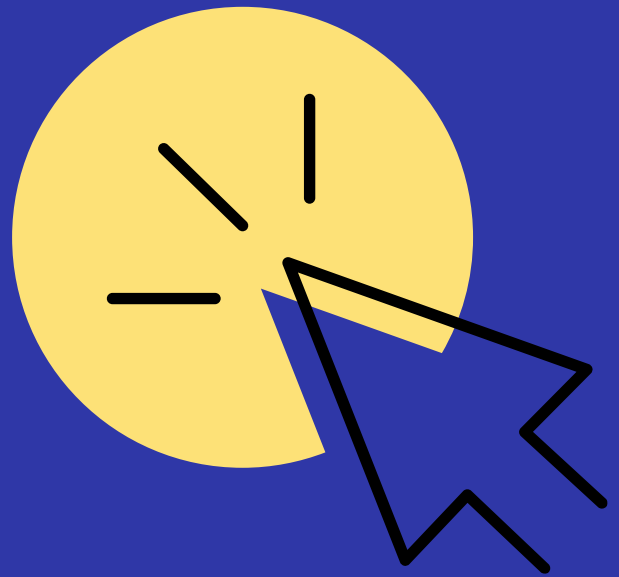
ALWAYS USE STRONG PASSWORDS

Protecting your online accounts is one of the most important aspects of personal security.

Remember that a good password is long, hard for others to guess but easy for you to remember and is never used more than once.

THINK BEFORE YOU CLICK

Be alert to common warning signs of phishing scams, such as threatening messages, unexpected attachments and urgent requests.

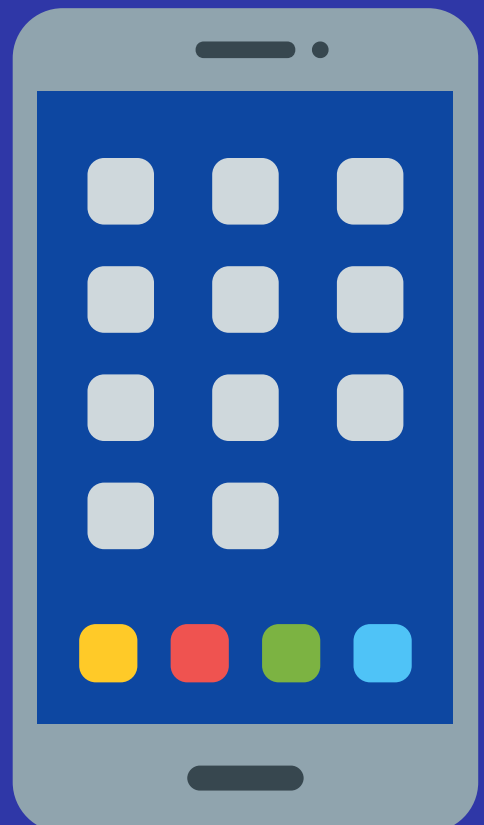


AVOID OVERSHARING ON SOCIAL NETWORKS

Scammers often search social media profiles in the hope of finding valuable information. They then use that information to launch phishing attacks, so as far as possible avoid sharing sensitive data on the Internet.

MAINTAIN GOOD HYGIENE ON YOUR MOBILE DEVICE

Smartphones have access to a lot of personal data and are prime targets for cybercriminals. Therefore, it is crucial to maintain proper hygiene, which means installing only trusted applications, limiting permissions (such as contacts and location) and deleting unnecessary apps.



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