

CYBER JAGROOKTA DIVAS JULY 2025

CYBER HYGIENE PRACTICES

Cyber hygiene is about training yourself to think proactively about your cyber security — as you do with your daily personal hygiene — to resist cyber threats and online security issues



**LOCK DEVICES WHEN AWAY &
KEEP YOUR DESK CLEAN**

1.

**USE STRONG PASSWORDS & ENABLE
TWO-FACTOR AUTHENTICATION (2FA)**

2.

SPOT SIGNS OF PHISHING

3.

**STAY INFORMED ABOUT EVOLVING
CYBER SECURITY THREATS & TACTICS**

4.

**USE A REPUTED ANTI-VIRUS
SOFTWARE**

5.

BE CYBER SAFE