



# DIGITAL HYGIENE

## 01 USE STRONG PASSWORDS

Create unique, strong passwords and avoid reusing them.



## 02 UPDATE YOUR DEVICES

Regular updates fix security gaps and protect against threats.

## 03 THINK BEFORE YOU CLICK

Avoid suspicious links, pop-ups, and unknown attachments.



## 04 PROTECT YOUR PRIVACY

Check app permissions and adjust privacy settings on social media.

## 05 VERIFY BEFORE YOU SHARE

Confirm information using trusted sources to avoid spreading misinformation.

