

# CYBER SECURITY FAQs



## Why do I need to worry about Cyber Security?

Cyber Security protects unauthorized access and or criminal use of your data. Our lives rely heavily on technology and are vulnerable through communication (email, smartphones), shopping (online shopping, credit cards), entertainment (social media, applications) and medicine (medical records) and so much more.

## Should I have a different password for every website?

Yes. If you use the same password on every website and someone gets access to it, they can figure out that the password works on other sites as well.

They may be able to access your banking information, Social Security number, etc.

## How can I remember all of my passwords?

You can use a password manager. There are free options and low cost ones. You will have to remember one password to unlock the password manager. It generates strong passwords and stores them.

## What is Phishing?

Phishing is a type of attack carried out to get money or steal information. The attacks can occur in many ways, i.e. email, texts, phone calls, social media, etc.

## If I get a Phishing email at work, should I contact my supervisor?

Yes. You should first click on the "Report Phish" button in your Outlook and if you clicked on a link, contact your supervisor.

## I log into my Facebook and post a lot of photos and comments, how do I protect myself?

Most important, think before you click. Check your security settings and who you share content with. Do not accept friend requests from people you do not know. Do not share travel plans, location data, your home address or expensive new purchases.

## How do I make my phone more secure against cyber-attacks?

Keep your software updated. Use complex passwords and encryption. Do not use public Wi-Fi. Lock your phone. Be a smart surfer and log into secure websites, which start with "https" which means it is using a SSL (secure) certificate.

## Is it okay if I use my personal computer for work when I am at home?

No. You should be using your work laptop or pc. It is running Citrix, regular updates, anti-virus and protection against malicious websites.

## I have heard there are Covid-19 contract tracing scams, how will I know if it is a scam?

Official tracers may contact you via text. They will let you know they will be calling you later and what phone number they will be calling from. A scammer would include a link that could give them access to your phone and personal information when clicking on the link. If you speak to a scammer, they may also ask for your social security number. A legitimate tracer would ask confirmation of your address and birthdate.

## Where can I get more information about Cyber security?

We have security awareness training annually through SABA and you can visit our website which has a lot of additional resources. <https://health.uconn.edu/information-technology/about-us/divisions/it-security/cyber-security-awareness/>

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