

Internet Security:

Guidelines for people working online



1. Update your operating system (Windows)
2. enable automatic updates
3. use antivirus and anti-malware software and keep them up to date
4. Use a firewall (Windows Firewall)
5. never leave your computer unattended (lock it by pressing CTRL + ALT + Delete)
6. Be careful what you download
7. Be careful with email attachments
8. Don't trust your popup notifications
9. Choose strong passwords or even better strong passphrases
10. Make online purchases from secure sites
11. Delete temporary Internet files, cookies and the history from your web browser on a regular basis
12. Turn off your computer completely