

YOUR DIGITAL HEALTH

A review of the latest security threats and how you can avoid them



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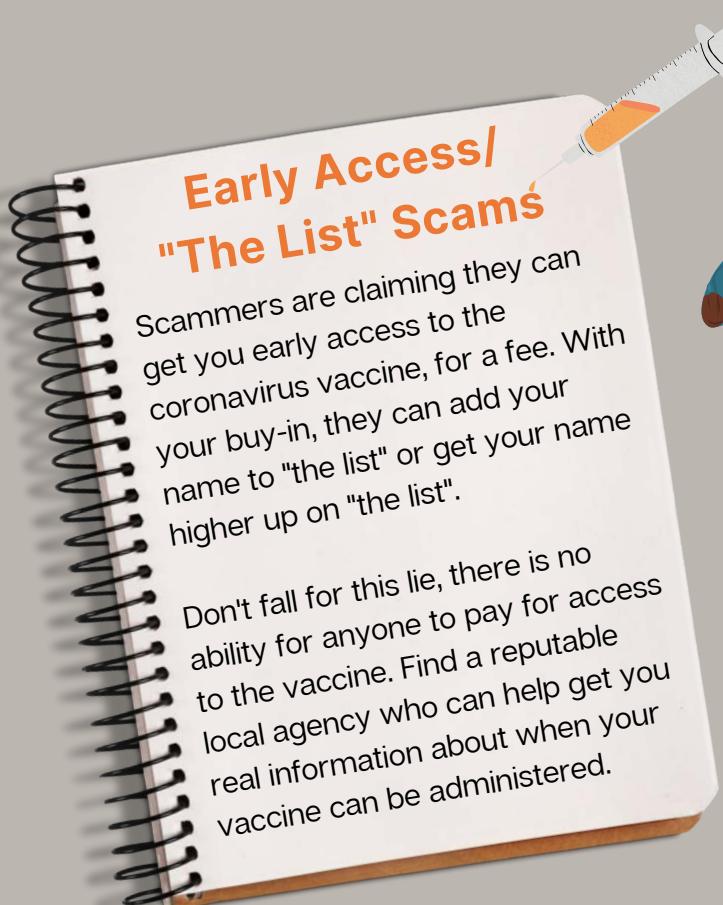
Our physical and mental health is very important. By taking the time to carefully watch what we eat, exercise regularly, and keeping our brain sharp, we can boost our immunity and raise our defenses against exterior threats to our health and well-being.

Although presented in a different form, digital threats can be just as menacing if our cybersecurity skills are not up to snuff. Improving our digital health is paramount to reducing the probability and impact of cyberattacks.

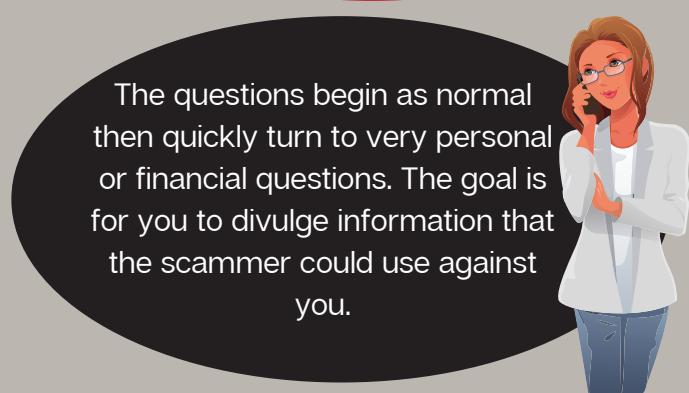
Just like with our personal health, we all have room for improvements, and failing to stay on top of a regimen can set anyone back to a vulnerable state.

COVID-19 Vaccine Scams

As hope emerges with positive advances in the fight against the COVID-19 pandemic, scammers are right behind trying to capitalize. The coronavirus vaccine is in high demand by millions. Knowing its popularity, scammers are using their tricks to make a buck.



Another common scam involves simple data collection in relation to the vaccine. A phone caller may ask questions to help assess your eligibility for the vaccine.



Doctor's Orders

If any call relating to the vaccine comes in unsolicited by you, hang up!

If you are expecting this discussion about the vaccine and you receive a phone call, ask the representative to confirm some of their information

"Hot Button" Alert!

The COVID-19 vaccine is a wildly popular topic right now across the globe. Along with this popularity, the vaccine conversation sometimes sparks a very polarizing debate. We call this a "hot button" topic meaning it can trigger quick and intense reactions. A spontaneous reaction is how cybercriminals win. Watch out for these deliberate baiting techniques meant to press on our emotions to take an ill advised action.

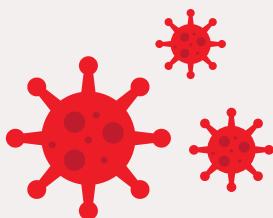


Improving Your Digital Health

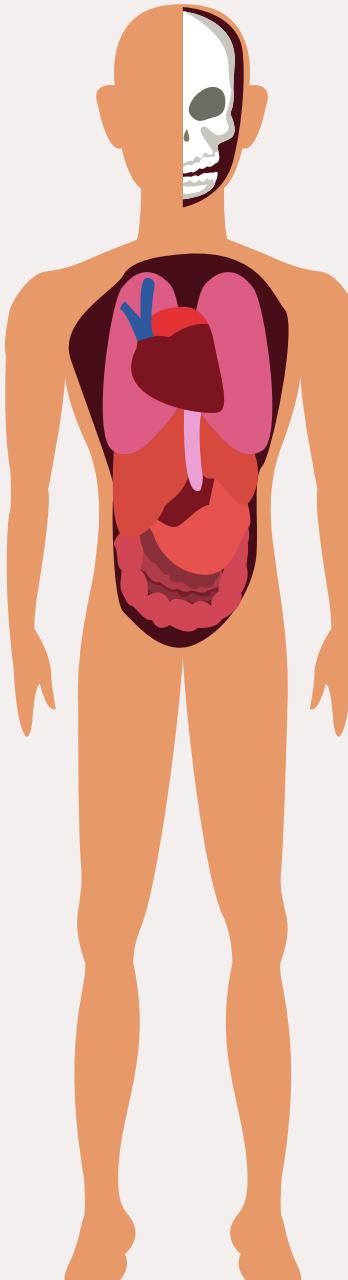
As we work to improve our health and well-being on a personal level, it is important to keep your digital health in focus too. Here are some ways to help promote your digital health.



Continue training your brain! Cybersecurity is constantly evolving, so it's important that we keep our brains sharp. As you immerse yourself more in certain topics, you're training your brain to spot the threats.



Boost your immunity! Just like our antibodies can help fend off bad bacteria and viruses in our bodies, we need similar protection on our devices. Ensure all your devices are protected with strong anti-virus protections.



Stay healthy! Make sure your devices are getting the appropriate critical updates needed. Just like taking your vitamins, medications, or eating healthy, missing a critical update on a device can leave you vulnerable to external threats.



Flex those muscles! As you train and improve your digital health, don't be afraid to show off your skills. There are many close to you that may not have your knowledge. Share your techniques for cybersecurity excellence with others.



Understand the warning signs! Our bodies send signals such as a fever and fatigue when we are feeling under the weather. Just like with our bodies, our devices may send similar signs such as slow device performance or frequent system crashing.



Stay on top of your digital health! To retain control of our physical health, regular appointments with our physicians are important. Keep this process in mind with connected devices too. Create a plan to monitor anti-virus protections and critical updates throughout the year.

SCAM OF THE MONTH

Each month we highlight a REAL scam that was submitted to our security team. We highlight these real examples of tactics criminals are using RIGHT NOW, that way you'll be better prepared when the next scam hits.

"Sarah" had been working from home for a while now. Her company provided a top-of-the-line computer that she could complete her work on. One weekend night, Sarah's son asked if he could play some online games on her device. Although this was against company policy, Sarah thought, "what's the harm?" and allowed her son to play. Not long after, her son came running in claiming the computer was broken. Sarah rushed in and saw the ransom note on her screen notifying her that her files were encrypted and she had 48 hours left to pay the ransom demand to have them unlocked.



Did you spot the red flags?

- ▶ Sarah allowed her son to play games on her work computer. By violating this policy, Sarah put her company's device and data at risk.
- ▶ Online games may be fun, but they come with risk. Especially when played by children with less experience spotting digital threats. Malicious links to fake games are commonly used to lure in victims.



Work computers should be used for work purposes only. These devices provided by our employers should be set up with many security features but the risks are still out there if we don't use these devices properly. Take note of your organization's policies and procedures for appropriate device use and work with your supervisor if you have any questions.

Ransomware is rampant and showing no signs of slowing down. Cybercriminals are using their tactics to embed this malware anywhere they can. Know the warning signs of how to spot a suspicious link or attachment. Be sure to keep your systems up-to-date and back up your data regularly.

Cybersecurity education is important to pass on to the younger generation. Whether it's your niece, nephew, grandchild, son, or daughter, pass on some of your cybersecurity knowledge and cautionary tales to the children. We may feel like they know more about technology than us sometimes, but the threats posed by cybercriminals may be a lesson they've yet to learn.

A HEALTHY DOSE OF SECURITY

Key Takeaways

We try and put our best foot forward when it comes to our health, and for a good reason. Try incorporating that same mentality for your digital health to improve your cybersecurity outlook.



Stay alert for COVID-19 vaccine scams. This wildly popular topic is a top choice among scammers right now.



Keep striving to improve your digital health. Just like our personal health, continuous efforts must be made to keep us digitally secured.



Beware of ransomware. This not-new threat is still wreaking havoc on devices. Protect your devices and use them properly.

Cybersecurity Anagrams

Some key words have been scrambled below. How many can you get without cheating?!

1. Warm Reason: _____

5. Tibias Done: _____

2. A Headlight Lit: _____

6. Alien Gnomes: _____

3. Staunch Bottom: _____

7. Waning Grins: _____

4. He Tilts: _____

8. Teacher Included: _____