

7 Steps to Protect Yourself and Your Company from Hackers

1. Use multi-factor authentication (MFA also seen as 2FA)
There is a great website that will identify if your application you use will support MFA → twofactorauth.org

Authentication is:

- something you **HAVE** (Ex. Authy, RSA tokens, YubiKey)
- something you **ARE** (Ex. fingerprints, face, etc.)
- something you **KNOW** (Ex. passwords or passphrases)

2. Use a software program called a password safe to store your passwords. I usually recommend – lastpass, keepass or 1Password.
3. Require a password and make them all unique. Do not share passwords with anyone or any other accounts. If you have an account with an organization that has been breached or disclosed that they lost passwords – change your password ASAP.
4. Set passwords to be 15 characters or longer. Change all default passwords, as example your home ISP router.
5. Update all software – if you installed it update it on all your devices
6. End point protection – wherever possible use an anti-virus (AV) program and a personal firewall. Avoid Free Wifi and public computers. Be very careful with USB thumbs drives, they might contain malware.
7. Be aware and cautious of social engineering. Social engineering is getting (persuading) someone to do something they otherwise would not do. Ask a lot of questions if you suspect you are being social engineered. A good social engineer will get very manipulative so don't be surprised. Social Engineering can be done in person (physically), over the phone (vishing), and via email (phishing – never click on links or attachments before verifying the source).

Bonus #1: To avoid the email client attack I talked about in the begin of my talk, disable “automatic retrieval of remote content and if possible (beware technical jargon) block outbound SMB traffic on ports 139 and 445 on your firewall(s).

Bonus #2: VPN – virtual private networks... these are more technical to setup and maintain but give a great deal more privacy and confidentiality. I suggest reviewing <https://thatoneprivacysite.net/vpn-section/> for more information on VPNs.

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