



If something ever seems amiss, whether your system is not running right, an update is failing, an odd message or error appears or you realize you have fallen victim to a scam, we ask you to please reach out to us right away at 1-800-373-7521 or helpdesk@ssndcp.org. If your matter is urgent but outside our regular business hours, we still ask you reach out as we take the time to monitor for serious situations.

Simple steps for staying safe online

by *Information Technology* | <https://ssndcp.org/itc>

It is essential to recognize that anyone can become a victim of cybercrime, regardless of age, education or technological ability. Cybercriminals are becoming increasingly sophisticated, employing social engineering tactics that can deceive even the most cautious individuals. The sheer volume of attacks also makes it difficult to keep up. Every 39 seconds a cyberattack occurs and to get a glimpse into the situation, [you can watch a real-time cyber threat map of what is going on at any given time](#).

This October, we recognize National Cybersecurity Awareness Month (NCSAM), in conjunction with the [Cybersecurity & Infrastructure Security Agency](#) (CISA) and the [National Cyber Security Alliance](#) (NCSA). We invite you to join us for a month of articles emphasizing the simple actions you can take to make a significant difference. It is our shared responsibility to be proactive about digital privacy and security.

Each week we will cover a topic to assist in staying safe online that we hope will stick with you all year long—to safeguard yourself and our organization.



Multifactor authentication – the layered approach helping to protect our organization prompts you with the periodic challenge every 90 days when one is off-campus. You can choose to be called, texted or utilize the Microsoft Authenticator app to complete the sign-in process. We will provide a refresher on how MFA works with our [@ssndcp.org](#) accounts.



Safely browsing online – as you navigate your journeys via the web - whether it be researching, seeking assistance on Google, venturing to open links in emails or managing that surprise pop-up, a few simple things to keep in mind to keep yourself safe from scammers. We will also cover the steps to take if you have fallen victim to a scam.



Backing up files in the cloud – OneDrive, software built into your computer or that can be installed on mobile devices, is our recommended method of backup. We take you through a few steps using your [@ssndcp.org](#) account to set up automatic backup of your documents, pictures, etc. It provides a chance to recover files in the event your system or account is compromised.



Taking care of technology – one of the easiest things to help maintain your technology (computers, smartphones and tablets) is to initiate a weekly restart or take advantage of the prompt after a software update (i.e., Panda). We will show you how you can restart your devices and provide a few other reminders on how to keep your devices safe.

We encourage you to explore the [Cybersecurity Awareness Month section of our website](#), where we will post our weekly articles with tips and resources and invite you to check out the [security section of our ITC Resource Center](#) for more resources. ●