Week 4 Cybersecurity Awareness Month
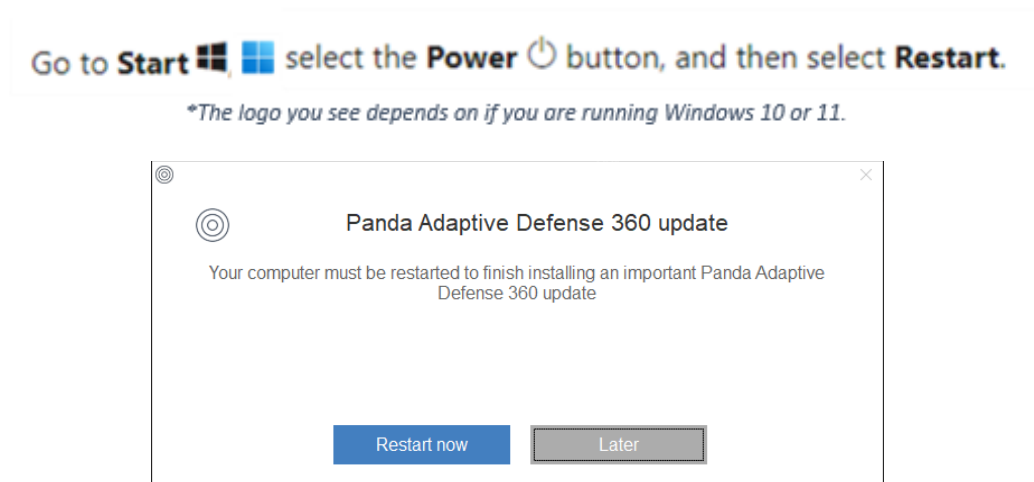## Take care of your technology = your phone, tablet, and computer last longer
by Information Technology | [*https://ssndcp.org/itc*](https://ssndcp.org/itc)

Whether you just upgraded or you're trying to keep your three-year-old gadget in good shape, follow these simple steps to properly care for your devices, extending their lifespan and ensuring they are secure.

Power down or reboot your device regularly.

While powering down your device every night is not a requirement with new computers, rebooting regularly does help refresh your system resources. Restarting computers on a more regular basis will keep the systems running more smoothly and reliably. We recommend rebooting your computer once a week to keep up with updates. Please pick a good day and time, such as at the end of your day to restart or when a software reminder appears (i.e. Panda).

Go to **Start** ⊞, ⊞ select the **Power** ⏻ button, and then select **Restart**.

The logo you see depends on if you are running Windows 10 or 11.

Panda Adaptive Defense 360 update

Your computer must be restarted to finish installing an important Panda Adaptive Defense 360 update

Restart now   Later

If your phone is experiencing overall sluggishness, freezing, or is consuming more battery than usual, shutting down and restarting your device may fix the issue.

For all iPhone models, you can Go to Settings > General > Shut Down, then drag the slider to power off. Or, press the appropriate buttons for your model. Give the phone a minute, then turn it back on by pressing the same button(s).

If you have an Android (Galaxy, etc.), you can hold down the power button for about 30 seconds and select "Power off". Otherwise, if you have a newer model, press and hold the Side and Volume button simultaneously to get the option to power off. After a minute, go ahead and press the side button to turn the phone on.

Check for and install major updates.

Computer and mobile device software need occasional updates to keep them running efficiently and securely. These updates usually occur automatically or will start after asking permission. Sometimes, though, it is helpful to manually check for any updates that have not been installed yet, especially if your computer or mobile device is behaving strangely.

Start ■ > Settings ⚙ > Update & Security ↻ > Windows Update ↻, Check for updates.

To update your iPhone - Go to Settings > General, then tap Software Update. Verify Automatic Updates is set to "On". Proceed to download and install any updates listed. More information on updating Apple devices can be found on their [official site](#).

For Android, updates should also be "automatic" but proceed to Settings >System/Software Update > Check for Updates and Continue if any pending updates are available. More details about updating can be found on the [Google site](#).

Clean your keyboard, monitor and other components.

Every few months it is good to do a thorough cleaning of your entire hardware system. You will want to save and close any active files before you unplug your device to begin cleaning. Vacuum dust from around the outside of the computer. To remove dust from the inside, use a compressed air canister. Wipe down your keyboard with a damp (not wet) lint-free cloth. For harder-to-reach areas between the keyboard keys, also use a compressed air canister. Fingerprints and other stains can appear regularly on your monitor. To keep your screen fresh and clean, wipe it with a dry, lint-free cloth. Gently wipe in long motions as pressing too hard can damage your device.

When cleaning or wiping down any plastics, please do not use harsh chemicals like ammonia-based cleaners, bleach or denatured alcohols. They will cause irreparable damage to plastic. If needed a damp (not wet) towel with warm water and very mild solution of soap or detergent can be used.

Keep food and drinks away.

As tempting as enjoying a cup of coffee while checking your morning emails may be, it is best to avoid eating or drinking near your computer to reduce spillage risk. It can only take one can of soda to ruin a device.

Keep these simple suggestions in mind and your devices will be good to you for a long while!