

## How To Protect Yourself From Scams and Stay Safe Online

When it comes to internet safety, it's important to take certain steps to ensure your privacy and security. Use these tips to stay safe online and avoid scams.

**Choose a strong password.** Create strong, unique passwords for your accounts. Use a mix of letters, numbers, and symbols.

**Keep your software up to date.** Whether you have an Android or an Apple device, you will receive updates for your device. These updates can include bug fixes, new features, and security updates. These updates are also necessary for certain applications to work on your device. We recommend that you immediately make these updates.

**Don't share accounts with anyone else.** While it may be tempting to share an account, even with someone you may trust, it can still be a security risk.

**Log into websites directly.** Don't log in through links you receive in email. Go to the website directly and log on there. Scammers often use emails and text messages that look official to get you to log in and provide your information.

**Save your account logins (usernames & passwords) using more than one safe method** in case you cannot access them using the first method. Examples:

- Offline backup: keeping a physical copy of your most important logins in a secure location, such as a locked drawer or personal safe.
- Secure notes or document apps: Create a secure note or document using apps like Apple Notes, Google Keep, or Microsoft OneNote to store your account logins.
- Consider making a Google Account (also known as Gmail): Enable photo sync up to your Google Drive on your smartphone or tablet device. Taking a screenshot or photo of your most up-to-date list of account logins and passwords and syncing these photos to your Google Drive allows you to login to your Gmail account from any device to access the personal information you have saved.
- Backup email address: Provide a backup email address for account recovery purposes. This can be another email address that you own or a trusted friend or family member's email address. Ensure that this back up email address is secure and accessible in case you forget your account logins and do not have access to a phone number that may be linked to your primary email address.

### Need more help?

For more resources like this and one-on-one digital navigation and tech help, visit

[www.linktocarewa.org](http://www.linktocarewa.org) or call our hotline at 866-757-1832 (TTY:711)

Monday–Friday, 8am to 5pm