Cyber Security Awareness

SLC CYBER Security: The Internet of Things, keeping us connected

The internet of things, it sounds like the newest buzz word when it comes to technology, but what does it mean and how does it really affect you? For years, we have seen more and more technological devices become connected to the internet, and some technologists suspect that eventually everything will be connected. This interconnectedness is the internet of things. Currently it extends to items like vehicles, cell-phones, computers, televisions… the list goes on and on. But is there a limit to what devices need to be connected? This is a debate that could go on for a long time in both directions. What we want is to provide you with tips to stay safe while still enjoying the interconnected world around you!

CYBER Security: The Internet of Things
4 tips to keep yourself safe digitally

1. **Disconnect when not in use.** This may not always be available, but disconnecting prevents access to your information. Also, this allows you a chance to relax without the pressures of the internet and the actions that occur there.

2. **Avoid connecting to unknown devices.** This may seem a little obvious, but rental cars, public Wi-Fi hots spots, and any other devices that you can connect to, you might want to think twice… Some of these devices may store information from your device or they may open your device to being seen by others on a network that you may not know, or want to be seen by.

3. **Limit the connections you allow.** For this tip, you may want to be selective about what devices you purchase. As an extreme example, do we really need fridges that connect to the internet? Do we need the latest gadgets and technology? Sometimes being on the

cutting edge of technology is necessary, other times being a little behind is the best place to be.

4. **Clean your device regularly.** This means running anti-virus software and being aware of the files that you have on your device. You may want to consider backing up your data to either a cloud-based storage or to a removable hard drive. This will allow you to have a more organized device as well.

Now that you're an expert in **The Internet of Things**… SHOUT OUT TO US! Let us know your top tips for keeping safe online by tweeting us or mentioning us on FB!

For more topics on e-security click here.

Got a great idea for next month's **SLC CYBER Security –** timely information, you need to know? Share it! Let us know here or tweet us using #SLCE-security