

NAVIGATING YOUR CONTINUOUSLY CONNECTED LIFE

Every day, we connect to the internet in ways you may not even realize.

The Internet of Things (IoT) is like an “**Internet of Me**”: it connects you to everything and everyone, including your home, the businesses you frequent and the larger digital community, and uses your data to help you manage your life.

Rapidly advancing technology is making our lives easier and unlocking potential for the future, but it’s important to remember to **STOP. THINK. CONNECT.™**

Take security precautions, think about how your information is shared and connect devices to the internet with more peace of mind.

Keep Clean Machines

- **Learn how to maintain the cybersecurity of your IoT devices.** Protecting smart devices like wearables and connected appliances might be different than securing your computer or smartphone; research the process for keeping IoT devices secure before you purchase them and take measures to safeguard your devices over time.
- **Pay attention to the WiFi router in your home.** Use a strong password to protect the device, keep it up to date and name it in a way that won’t let people know it’s in your house.
- **Delete when done:** Many of us download apps for specific purposes or have apps that are no longer useful or interesting to us. It’s a good security practice to delete all apps you no longer use.

Personal Information is Like Money. Value It. Protect It.

- **Own your online presence:** Understand what information your devices collect and how it’s managed and stored. Additionally, before adopting a new smart device, do your research to make sure others have had positive experiences from a security and privacy perspective.
- **Lock Down Your Login:** Fortify your online accounts by enabling the strongest authentication tools available, such as biometrics, security keys or a unique one-time code through an app on your mobile device. Your usernames and passwords are not enough to protect key accounts like email, banking and social media.

For additional information and resources, visit the Stay Safe Online website.

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