

IT'S TIME TO BETTER YOUR PASSWORDS

Covid-19 cyber updates



Username

Email

Password



Password strength: Good

SIGN IN

Choose a strong password

A strong password follows two main rules

1. It is at least 8 characters long
2. It is easy to memorize yet difficult to guess

Using passphrases would make your passwords memorable and strong (examples – “Blue Apricot”, “Red Banana”)

A strong password would prevent hackers from accessing your personal and financial information and is strictly in your hands

Store passwords safely

- Use password managers such as Lastpass, 1Password or others
- Do not share passwords with others, family or close friends included



Want to test yourself?

1. Browse to:
<https://howsecureismypassword.net/>
2. Make up a couple of passwords (not in use by you)
3. Use the password strength feedback to improve your password selection skills





Remember

A password is **your** tool for controlling who has access.

Want more advice on securing your online experience? Contact us at...



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