

Phone and Computer Safety Checklist

Ten things worth doing. Check them off as you go. Stuck on one? Skip it and call us.

- ☐ **1. Turn on automatic updates**
Phone, tablet and computer. Start with your web browser.
- ☐ **2. Use a different password for every account**
One stolen password should never open everything.
- ☐ **3. Make passwords long**
Three unrelated words work well, or use a password manager.
- ☐ **4. Turn on 2-step verification**
Start with your email, then your bank and online stores.
- ☐ **5. Don't click links in unexpected texts or emails**
Go to the company's website yourself, or look up its real number.
- ☐ **6. Block unwanted calls and filter spam texts**
Your phone company and your phone settings can both help.
- ☐ **7. Pick a family code word**
And write down who to call first. See our Family Code Word card.
- ☐ **8. Never pay with gift cards, crypto, wire transfers or payment apps**
Never pay anyone who insists on these.
- ☐ **9. Keep your logins sheet somewhere safe**
And tell one person you trust where it is.
- ☐ **10. Know where to report a scam**
ReportFraud.ftc.gov and ic3.gov.

Based on guidance from CISA (cisa.gov), the FTC (consumer.ftc.gov) and the UK NCSC (ncsc.gov.uk).