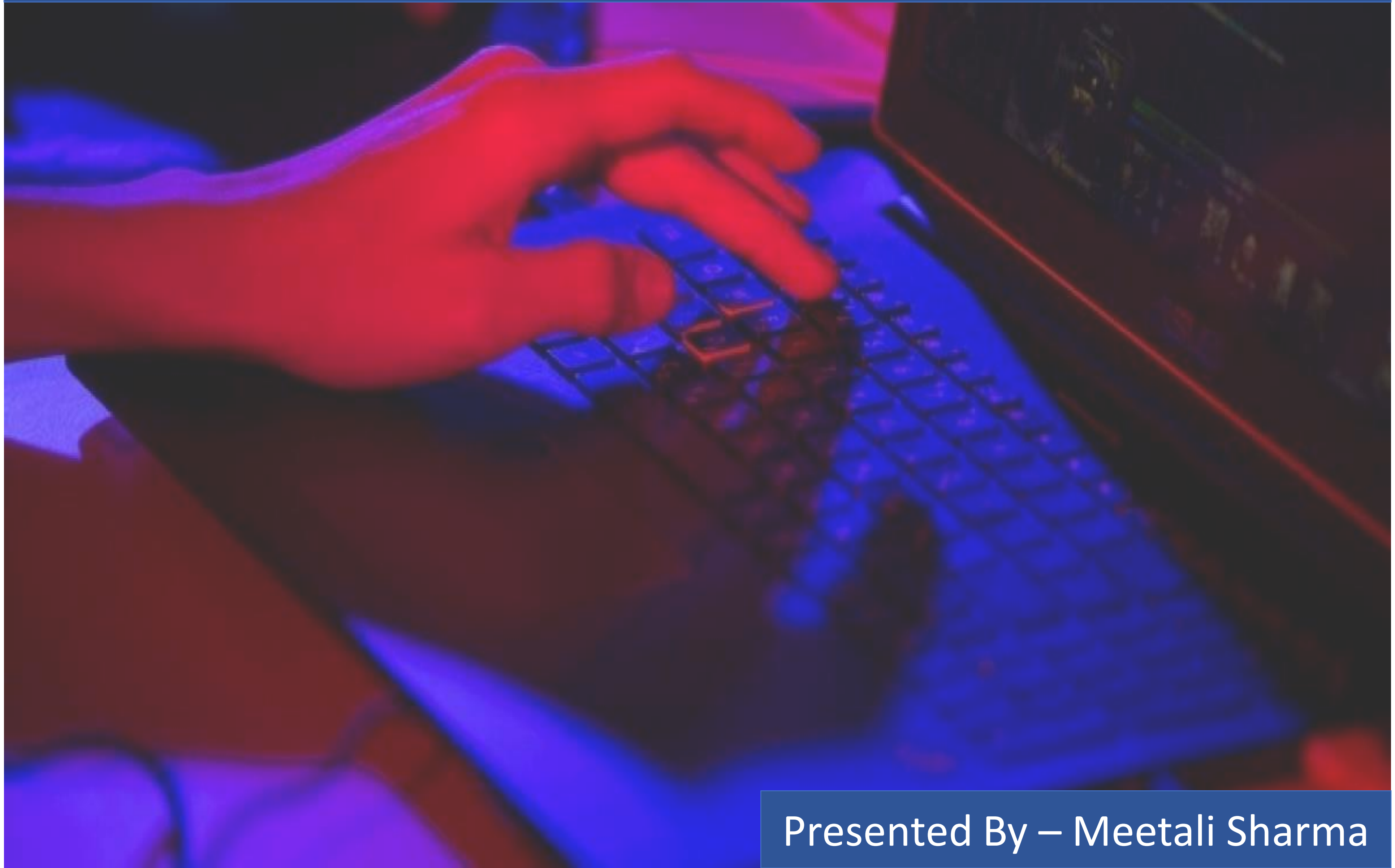
Best Practices in Cyber Hygiene



Presented By – Meetali Sharma

The Center for Internet Security (CIS) and the Council on Cyber Security (CCS) defines cyber hygiene as a means to appropriately protect and maintain IT systems and devices and implement cyber security best practices.

These practices are often part of a routine to ensure the safety of identity and other details that could be stolen or corrupted.

Cyber hygiene is often compared to personal hygiene.

Much like an individual engages in certain personal hygiene practices to maintain good health and well-being, cyber hygiene practices can keep data safe and well-protected

Some Statistics

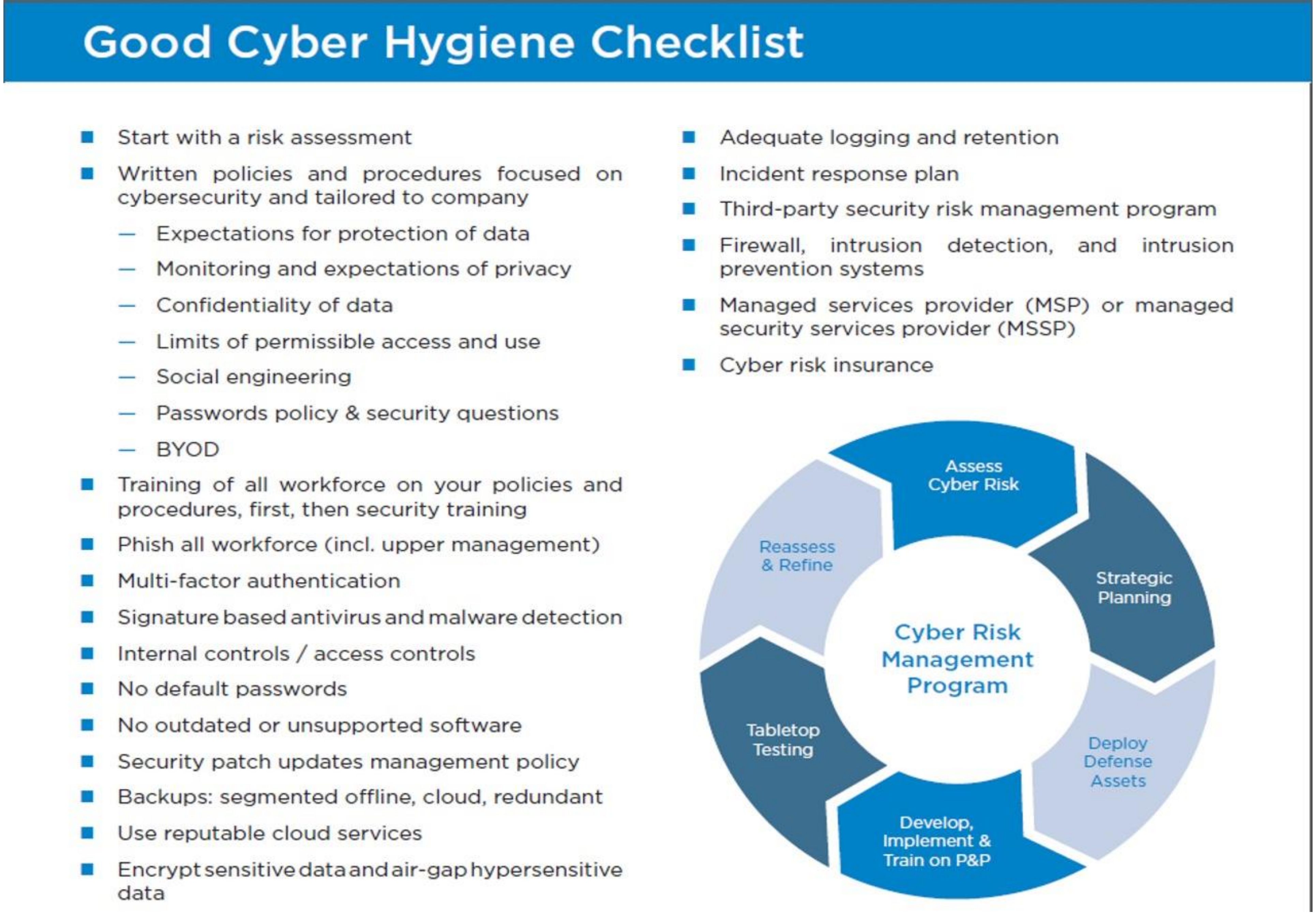
- 6 billion email accounts
- 2 billion Smartphones
- 1 billion Apple users
- 1 billion Gmail accounts
- 1.8 billion Facebook accounts
- …and 300 million Twitter accounts who tweet 7,350 times per second, send 2.5 million emails per second, and transfer 1.5 billion GB of data per day through the internet.

Behind most breaches you'll find one or more of three major factors:

- **The Human Factor**—cyber criminals count on a certain number of us becoming lazy or complacent in the way we use the Internet
- **Identities and Credentials**—hackers know that it takes effort to manage our passwords and personal information securely, and that not everyone is willing to make that effort.
- **Vulnerabilities**—attackers understand that many online platforms and organizations' systems have a weakness ripe for exploitation, and given enough time, there's a chance they will find it.

How to get started?

- Identify your “Crown Jewels”
- Identify key cyber-risks faced by the organization, potential impacts if those risks are realized, and how should they be addressed
- Establish an incident response plan.
- Establish network security and monitoring
- Establish processes to prevent malware and manage those risks
- Use of change control and configuration management procedures
- Awareness and training
- Control access based on least privilege and maintain the user access accounts
- Implement controls to protect and recover data
- Manage cyber risks associated with suppliers, third-party
- Perform cyber threat and vulnerability monitoring and remediation



Good Cyber Hygiene Checklist

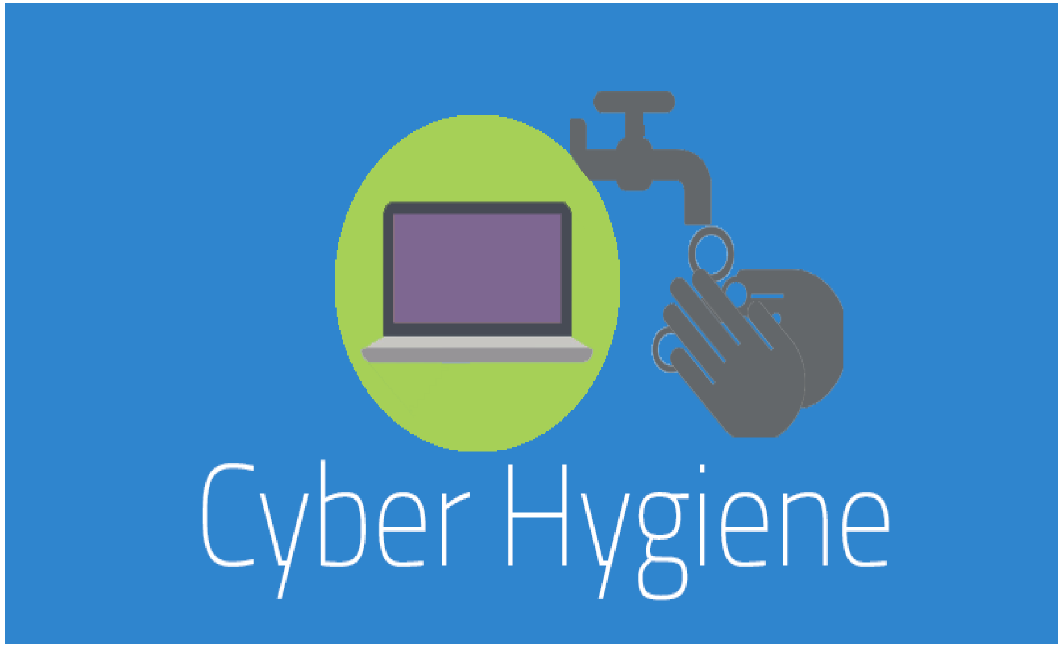
- Start with a risk assessment
- Written policies and procedures focused on cybersecurity and tailored to company
  - Expectations for protection of data
  - Monitoring and expectations of privacy
  - Confidentiality of data
  - Limits of permissible access and use
  - Social engineering
  - Passwords policy & security questions
  - BYOD
- Training of all workforce on your policies and procedures, first, then security training
- Phish all workforce (incl. upper management)
- Multi-factor authentication
- Signature based antivirus and malware detection
- Internal controls / access controls
- No default passwords
- No outdated or unsupported software
- Security patch updates management policy
- Backups: segmented offline, cloud, redundant
- Use reputable cloud services
- Encrypt sensitive data and air-gap hypersensitive data
- Adequate logging and retention
- Incident response plan
- Third-party security risk management program
- Firewall, intrusion detection, and intrusion prevention systems
- Managed services provider (MSP) or managed security services provider (MSSP)
- Cyber risk insurance

Courtesy – spencerfane.com

Personal Cyber Hygiene Tips

- What personal information are you giving away on social media?
- Limit Personally Identifiable Information on Social Media
- Review Privacy Settings
- Use strong passwords
- Never use social logins on apps
- Use multiple Digital Identities
- Limit what you do over public Wi-Fi

- Follow a page when you know what to follow
- Before clicking on anything, stop, think and check if it is expected, valid and trusted



Cyber Hygiene for Kids

Make cyber hygiene part of your routine

Cybersecurity is no longer the sole responsibility of the IT and security teams. In order to ensure security and compliance, each individual must understand and practice cyber hygiene to help stop the spread of malware and keep your business as well as your life run smooth & secure.