PRINTABLE CHECKLIST

Cyber security basics for households

Protect your email account first, with a strong password and two-step verification, because it resets every other account. Then use a password manager, keep devices updated, back up what matters and be slow to trust unexpected messages. These habits follow National Cyber Security Centre advice and also make your household easier to run when power or internet is

- [ ] Set a unique three-random-words password on your email
- [ ] Turn on two-step verification for email and banking
- [ ] Switch from text codes to an authenticator app where offered
- [ ] Print backup codes and store them with your documents
- [ ] Turn on automatic updates on every device
- [ ] Change default passwords on the router and smart devices
- [ ] Make an offline backup and unplug it afterwards