

Computer Safety

In a Connected World

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Introduction

- I'm not a security expert ... an engineer for the past 20 years and a computer geek for the past 34 years.
- I'm sharing some of my best known methods ...
- At Intel I'm currently working on medical device security.
- Just attended a security conference for the healthcare industry.
- Following the advice in the presentation will take time and may require extra help.
- 80-20 Rule: "80% of your sales come from 20% of your clients."

Security Topics

Phishing Attacks

Email / Browsing

Backups

Antivirus

Passwords

Network Settings / Safety

Social Media

Updates

Phishing Attacks

What is it?

The bad guys are getting better at it.

Treat every email as a possible threat.

In general, avoid clicking links and downloading attachments from email.

Phishing can happen in other places too: in person, over the phone, through social media.

Email / Browsing

Use Gmail ... it's free and has good, "crowd sourced" filtering.

<https://www.google.com/intl/en/mail/help/about.html>

Never send sensitive information over email unless it's encrypted. <http://www.7-zip.org/>

Use Google Chrome: <https://www.google.com/chrome>

In general, avoid browser extensions, this one is an exception: <https://www.eff.org/HTTPS-EVERYWHERE>

Backups

Local and Remote

What I use: Mac OS X Time Machine (Local) + BackBlaze (Remote)

<https://www.backblaze.com>

<https://www.code42.com/crashplan/>

Antivirus Software

Windows Free: <http://windows.microsoft.com/en-us/windows/security-essentials-download>

Mac OS X Free:

<https://www.avira.com/>

Windows or Mac OS X Paid:

<http://us.norton.com/norton-security-for-one-device>

<https://www.av-test.org/en/award/2015/>

Passwords

Don't use simple / common / repeat passwords.

<http://www.passwordrandom.com/most-popular-passwords>

Use high security passwords ... how to create.

<http://lifehacker.com/four-methods-to-create-a-secure-password-youll-actually-1601854240>

Example: WOO!TPwontSB = Woohoo! The Packers won the Super Bowl!

Example: JImtik4tBtms@j316! = Jesus loves me this I know for the Bible tells me so at John 3:16!

Passwords

Use a password manager/database.

- <https://lastpass.com/>
- <http://keepass.info/>

Enable two factor authentication.

- <http://lifehacker.com/5932700/please-turn-on-two-factor-authentication>
- <https://twofactorauth.org/>

Network Settings & Safety

Lock down your wireless router.

- <http://lifehacker.com/the-most-important-security-settings-to-change-on-your-1573958554>

Internet Filtering:

- Router: <https://www.opendns.com/home-internet-security/>
- Computer: <http://www1.k9webprotection.com/>

Social Media

Be careful what you share ... “we’re going out of town”.

Regularly Review Your App Permissions and Security Settings:

<https://www.facebook.com/settings?tab=privacy>

<https://mypermissions.org/>

Updates

Keep current on updates for your operating system, browsers, and frequently used apps.

Set to auto update, when possible, is usually the best policy.

Getting Help

The true cost of ownership.

Apple Products: AppleCare

PC Products: GeekSquad

In general: Befriend your family/friend computer geek. :-)

Key Takeaways

1. Stay vigilant against phishing attacks.
2. Set it and forget it backups.
3. Have strong passwords and password management.
4. Keep your operating systems and software up-to-date.

Q&A

Additional Reading/Resources

<http://lifehacker.com/top-10-tech-security-basics-every-person-should-follow-1767148925>