

# Cyber Security Bulletin



## Password Management

What is the most important thing to think about when setting your password? It needs to be strong and non-decipherable. Creating a strong password is one of the most important security measures you can take to ensure cyber security.

Your birthday? Your pet's name? Your significant other's name? Your favorite hobby? Passwords created from these themes are considered to be weak. Weak passwords based on personal information or facts are easy to decipher and can lead to identity theft or worse. A strong, unique password for each of your accounts is vital for your online protection. Having a different password for each of your accounts will save you time and frustration if one of your passwords is compromised.

The thought of remembering multiple passwords can be daunting. It is advised to make your passwords easy to remember, yet hard to crack. Keeping your passwords at 8 characters or more, and not using any words found in the dictionary, will make it significantly harder to decipher. Seventy-five percent of a password should be made up of uppercase and lowercase letters, numbers, and symbols.

Also, passwords are like underwear. You need to change them often. Consider using a password management tool such as LastPass to store your passwords.

## 4 tips for good password management

- 1) **DO NOT SHARE YOUR PASSWORD:** Treat your password as you would your social security number.
- 2) **USE A MIXTURE OF LETTERS, NUMBERS, & SYMBOLS:** A strong password is the first line of defense against cybercriminals. Use passwords made up of numbers, letters, and symbols. For example, instead of using *Password* consider using *P@\$\$w0rd*.
- 3) **USE A PASSWORD MANAGER:** Everyone can forget passwords. If you have the need to keep a list of them, consider a password manager. Password managers such as LastPass or KeePass act as a digital safe for your passwords. These applications are designed to securely store your login credentials.
- 4) **IF YOU LOSE IT:** If you lose a device that has your passwords saved or set to automatically log in, such as your email on your smartphone, change your password immediately.

