

# How you Can Improve Personal Cyber Security

## Aged Care Services



The web can be a rich source of information, connection, and community for older adults—something that became even clearer during the COVID-19 pandemic. But as with any public space, you need to be aware of your surroundings. There are many online scams that target older adults, and their number and sophistication continues to grow.

### 4 tips to improve your cyber security:

#### 1. Don't click on links in emails from unfamiliar senders. Be wary of any strange or unexpected messages, even if it's from someone you know.

Emails, text messages (or SMS), and social media posts can all contain malicious links. Spam or malicious emails are by far the most common method attackers use to deliver malware or phishing links. Phishing links take you to sites that gather your personal and financial information.

#### 2. Don't open any attachments unless you know the sender and were expecting them to send it.

While attachments to an email may appear to be harmless, they could contain malware designed to launch an attack on your device. These attachments can be disguised as run-of-the-mill Word documents, PDFs, e-files, and voicemails. Don't open any attachments you aren't expecting or that are from an unknown contact.

#### 3. Ignore unsolicited phone calls and “robocalls.”

Treat any unsolicited phone calls with scepticism—even if the phone number or name on your caller ID looks familiar. The person on the other end of the line is banking on the fact that you'll pick up because the call seems legitimate. And once that happens, you're immediately vulnerable to voice phishing.

#### 4. Don't respond to or click on pop-up windows on your phone or computer.

Screen pop-ups are another way to scam older adults. A common pop-up ploy is scareware. This is a malware scam technique that uses pop-up security alerts and other tricks to frighten you into downloading or paying for fake software disguised as real cybersecurity protection.

To learn more visit: [www.ncoa.org/article/how-older-adults-can-improve-their-personal-cyber-security](https://www.ncoa.org/article/how-older-adults-can-improve-their-personal-cyber-security)



If you need Aged care Services Call **1300 234 263** (select option 3).