

YOUR DEVICES COULD USE A GOOD S.C.R.U.B.



Tired of spring cleaning? Take a break, drop the feather duster and give your devices a thorough SCRUB-ing instead (because nothing sparks more joy than a freshly secured gadget).

Here's a quick checklist to get you started:

SECURE



Minimalism is a great look –
except when it comes to a cyber scrub.
You can maximize your cyber security efforts
in just a few simple steps.



Enable multi-factor authentication (MFA)

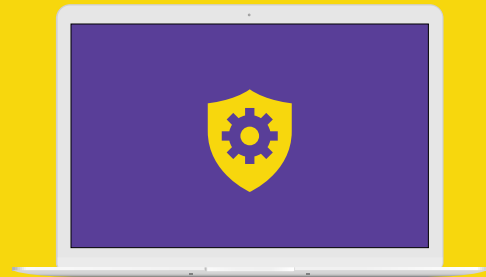


Add passwords or PINs to all your devices



CatJacketChargerShelf1!

Turn your passwords into passphrases



Review privacy and security settings on your apps and accounts

70%

of Canadians say they try to use complex passwords



53%

of Canadians say they use MFA

CURATE



Your accounts and devices have one thing in common - they're all, well, yours.

Make sure you've made them your own by filtering out the things you don't want.



Delete old emails that you no longer need



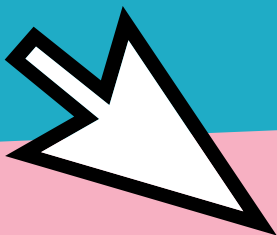
Unsubscribe from unwanted email lists



Empty deleted folders and files



Deactivate accounts and uninstall applications you no longer use



REVIEW



Knowing is half the battle.

Get familiar with the Get Cyber Safe resources that can keep you in the know.



CHECK OUT THE MATERIALS ON [GETCYBERSAFE.CA](https://getcybersafe.ca)

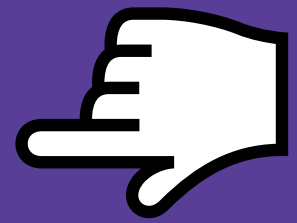


TAKE THE GET CYBER SAFE ASSESSMENT



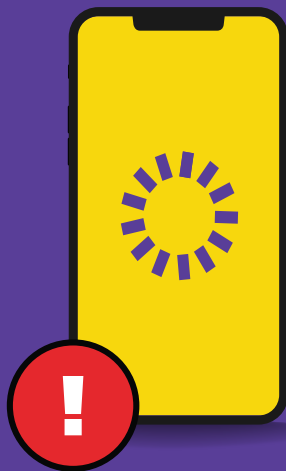
FOLLOW GET CYBER SAFE ON TWITTER, FACEBOOK, INSTAGRAM AND LINKEDIN

UPDATE

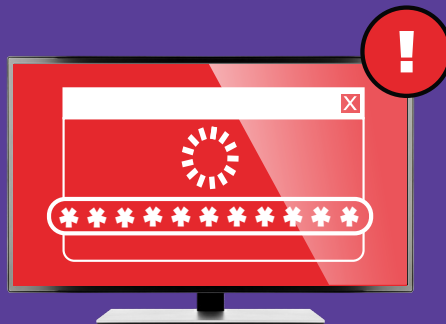


Updating is one of the simplest ways to foil cyber criminals attempting to steal your information.

Updating regularly (or setting your updates to run automatically) will help keep your devices cyber safe.



Regularly update your devices and software to reduce the risk of malware



Update your login information with passphrases or stronger passwords



Replace any passwords you repeat on multiple accounts with unique passwords or passphrases

46%

of Canadians set their software updates to run automatically

32%

of Canadians use a different, unique password for each of their accounts





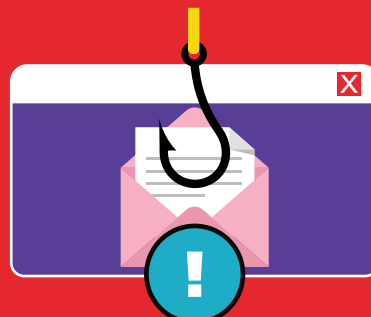
Block

SCRUB Day is time for a clean slate.

Rid yourself, your devices
and your accounts of negativity.



Delete and block
"friends"
you don't know



Block senders who
have sent spam or
phishing messages

58%

of Canadians delete
suspicious messages
when they receive them



CROSSED EVERYTHING OFF THE LIST?

Share your #SCRUBday Checklist
to help others Get Cyber Safe.



GET MORE TIPS TO PROTECT YOURSELF AND YOUR DEVICES AT

[GETCYBERSAFE.CA](https://getcybersafe.ca)



Communications
Security Establishment

Centre de la sécurité
des télécommunications

Canada