5-Minute Cyber Safety Checklist (Quick Version)

1. Use different passwords for important accounts (email, banking, cloud storage).

2. Aim for 12+ characters for new or updated passwords.

3. Turn on multi-factor authentication (MFA/2FA) for key accounts.

4. Pause before clicking links or opening attachments in emails and texts.

5. Make sure your phone and laptop auto-lock when idle.

6. Install updates for your operating system and apps regularly.

7. Avoid logging into sensitive accounts on public Wi■Fi when possible.

8. Glance at your bank and card transactions regularly.

9. Pay attention to browser warnings about unsafe or breached sites.

10. If something feels off, contact the company using their official website or app.

Optional tools that can help (affiliate links)

• Password manager – NordPass: https://go.nordpass.io/aff_c?offer_id=488&aff;_id=136229&url;_id=9356

• Malware scan & cleanup – Malwarebytes: https://www.jdoqocy.com/click-101600442-15734534

• VPN for safer Wi■Fi – NordVPN: https://go.nordvpn.net/aff_c?offer_id=15&aff;_id=136229&url;_id=902

• Breach & data leak alerts – Surfshark Alert: https://get.surfshark.net/aff_c?offer_id=1420&aff;_id=42859

Disclosure: These are affiliate links. If you choose to sign up through them, EmailBreachGuard may earn a small commission at no extra cost to you.