

Cyber Security for Seniors

Security Checklist

www.nerdsiview.com

The following table is a list of the most important **security recommendations** (do's, don'ts, nevers, etc.) in the book. ***I believe that if you take these “steps,” your online life will be much more secure and you will realize the true value of your investment in this book.***

(Over time, it is likely that these steps will change with the changing security landscape. To keep up, refer to my website, www.nerdsiview.com, where a current, downloadable checklist is available.)

The table has 6 columns:

1. **#** - Step Number.
2. **Step** - Recommended Activity.
3. **Priority** of importance - H for high, M for medium, L for low but still important.
4. **Chapter** - chapter reference within the book.
5. **When** - when to do it.
6. **Done** - space for you, the reader, to keep track.

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#	Step	Priority	Chapter	When	Done ?
1	Freeze your credit at the 4 credit bureaus and check credit rating annually at each.	H	Q. Financial	Once then Yearly	
2	Create long, memorable passwords at all online accounts.	H	J. Passwords	Once	
3	Set up two-factor authentication (2FA) at your financial accounts (banking, investments, credit cards).	H	J.2. Two Factor Authentication (2FA)	Once	
4	Set up your home router with a non-personal SSID, memorable and strong password, WPA2 encryption, firewall enabled and remote management turned off. Consult a professional, if necessary (see V.1. Consulting a Professional).	H	F.2. A Secure Home Router is a Must	Once	
5	In email, don't click on attachments or links unless SURE of source.	H	M. Email & Snail Mail	Whenever	
6	Keep software (operating system, web browser...) up to date on all devices using only the native auto-update feature.	H	O. Personal Computers	Whenever	
7	Install antivirus on personal computer(s) and smartphone(s).	H	I. Antivirus Software	Once	
8	Maintain a remote backup of personal computer and smartphone files.	H	R.2. Backup/Recovery	Once	

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9	If virus-infected, run antivirus or consult a professional (V.1. Consulting a Professional).	H	D.7. Are You a Victim?	Whenever	
10	Change all passwords when a major breach occurs.	H	D.6. Major Data Breach?	Whenever	
11	Create Kick the Bucket letter for your heirs.	H	S. Kicking the Bucket	Once	
12	Use Public Wi-Fi only with a secure VPN. Avoid online financial transactions on public Wi-Fi.	H	G. Networks	Whenever	
13	Setup a software firewall on personal devices through operating system or security suite.	H	H. Firewalls	Once	
14	Don't send important personal information, in text messages	M	N. Texting	Whenever	
15	Minimize sharing of your cell phone number.	M	J.3. Minimize Sharing Your Phone Number	Whenever	
16	If email is important, upgrade to business service for nominal cost.	M	M.1. Consider Paying for Your Email Service	Once	
17	Check your personal exposure on the Dark Web at https://haveibeenpwned.com	M	D.3. The Dark Web	Whenever	

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18	Avoid entering online contests/surveys, mailing in warranty cards, excessive posting on Social Media.	M	L. Social Media	Whenever	
19	If scam victim, change passwords, run antivirus, call police, contact credit bureaus, financial companies.	M	D.7. Are You a Victim?	Whenever	
20	Create a smartphone lock screen with alternate phone number and email.	M	P.1. Physical Device Security	Whenever	
21	Only use your own cable connected to a traditional (120V) plug if charging device in a public place	M	E.4. Technology and Security	Whenever	
22	Login to your home router to perform needed maintenance (e.g. update firmware) annually. Consult a professional if necessary (V.1. Consulting a Professional).	M	F.2. A Secure Home Router is a Must	Yearly	
23	Install a Password Manager and delete all passwords from your browser.	M	J.1. Password Managers	Once	
24	When web browsing to a new site, examine the address bar details to ensure security.	M	K. Web Browsing	Whenever	
25	Encrypt your files on all devices. Consult a professional, if necessary (see V.1. Consulting a Professional).	M	O.2. Disk (Storage) Encryption	Once	

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26	When migrating to a new computer or smartphone, carefully erase all files. Consult a professional, if necessary (see V.1. Consulting a Professional).	M	O.3. How do I securely dispose of my old personal computer?, P.7. Migrate from Old to New Smartphone (Securely)	Whenever	
27	Use touch/facial recognition (if available) and a non-obvious pass code for all devices.	M	P.1. Physical Device Security	Once	
28	Minimize use of location and contact sharing.	M	P.2. Location Sharing,	Once	
29	Set up a pin access code with your phone service provider.	M	P.3. Contact Sharing	Once	
30	Turn off your "local" communications features (e.g. Bluetooth, AirDrop, network sharing) when in public places.	L	E.4. Technology and Security	Whenever	
31	Minimize tracking of your browser activity by going incognito or installing a blocking extension.	L	K.1. Minimizing Online Ads	Whenever	
32	Establish accounts at major, official websites before a scammer does it for you.	L	K.2. Shoppers Beware	Once	
33	Stick with known stores when shopping online.	L	K.2. Shoppers Beware	Whenever	

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34	Clean up stale website personal data.	L	K.3. Clean Up Stale Digital Haunts and Personal Data	Yearly	
35	Review sharing and privacy settings for all social media accounts.	L	L. Social Media	Once	
36	Reduce stored emails.	L	M.2. Reduce Stored Emails	Yearly	
37	Set your devices to lock after a short time of inactivity.	L	O.1. Physical Access Control	Once	
38	For excessive robo calls, contact phone service providers for blocking services.	L	P.6. Guidance to Minimize Vishing (Spam Calls)	Once	
39	If smished, forward the message to 7726 to report it.	L	N.1. Have You Been Smished?	When-ever	
40	Frequently monitor financial accounts and set up automatic alerts.	L	Q. Financial	Daily	
41	Use smartphone "Pay" apps for more secure payments.	L	Q.3. Making Payments Securely in the 21st Century	When-ever	
42	Purge unnecessary files on all devices periodically.	L	R.1. What to Keep and How Long to Keep It?	Yearly	