Looking after your ONLINE HEALTH

Get started by following a few simple tips:

- Choose, use and protect your passwords carefully

- Always have internet security software/apps loaded, active and updated on computers and mobile devices.

- Don't click on links in emails, texts and posts that you weren't expecting, or open random attachments.

- Look after mobile devices and protect them with a PIN or passcode.

- Download software and app updates as soon as prompted.

- Never reveal too much personal or financial information in emails, profiles, websites and on the phone.

Get the full story at **www.getsafeonline.org**   **@getsafeonline**

GET SAFE ONLINE.org

TITAN
North West Regional Organised Crime Unit

www.getsafeonline.org