

9 TIPS to STAY SAFE ONLINE in the AGE of COVID-19

1 Digital hygiene is like wearing a mask



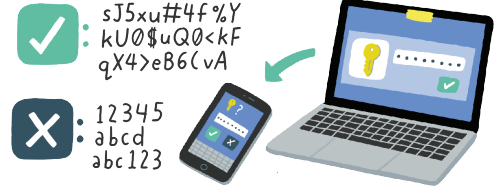
Regularly update your computer, phone and anti-virus program. Covering your webcam with masking tape prevents strangers from trying to control your phone camera remotely.

2 Set a password for your digital devices



This makes it harder for people to access your device without your consent.

3 Change your passwords regularly



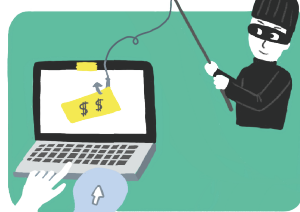
Use a strong password when you create online accounts for apps or to access services. A strong password includes a mix of letters, numbers, and symbols. Some accounts offer "Two-factor authentication", which is more secure. To sign in, you need both a password and another one-time code that they send you. It's safest to send the code to an app or a physical token, but it can also be sent by SMS.

4 Try anonymous web browsing



Everything you do online is recorded. It can make browsing easier, but companies also track what you do. Browsers like Chrome and Safari collect information about your interests and location to send you targeted ads. During COVID-19, this has been used to sell fake cures. Alternatively, you can use your browser in "incognito mode" or a secure browser, like **Tor Browser**.

5 Think before you "click"



It might be a scam! Links in emails, messages in apps, and SMS that say they offer urgent information about COVID-19 or free rewards, or ask you to reset your account password may instead be people trying to steal your personal information and passwords. These scams are called 'phishing'.

6 Fact or fake?



Not all information about COVID-19 is correct and accurate. Check with reliable sources first, like your country's Ministry of Health or the WHO, before sharing information in your social network.

7 To videochat or not to videochat



Video conferencing has increased during the pandemic but now there are more eavesdroppers. Zoom is popular, and you can make it safer by using it directly in Chrome web browser without installing the software. Other tools include Skype, Google Meet and Microsoft Teams. If you are very concerned, try **Jitsi Meet**.

8 Use secure messaging



Messaging apps including Facebook Messenger, Viber, WhatsApp and Telegram have been used to spread "fake news" about COVID-19. If you can, use encrypted chat applications (such as **Signal** or **Session**) to prevent eavesdroppers.

9 Privacy-friendly email



Although popular email services like Gmail offer some security features, both the Gmail service and others can still eavesdrop on your emails to gather information about you. Privacy-conscious options like **Riseup** and **ProtonMail** are free and offer fully encrypted email services to prevent eavesdropping, but require signup.

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