

(ISC)² Safe and Secure Online[®] P@ssw0rds

Create Strong, Complex Passwords

Combine lowercase and uppercase letters, numbers, spaces if allowed, and special characters such as # \$!

The longer, the better.

If it makes it easier to remember, substitute letters for characters in common words

like this: **S@feAndSecur3**



Don't forget to use passwords at lock screens on all mobile devices and computers! This means laptops, phones, tablets, or anywhere that you have the option to use a passwords.

TIP Do you see an option for “Two-Factor Authentication” or “Multifactor Authentication” in your accounts? Use this additional protection! When you log into an account such as your bank, you'll receive a code to your phone after inputting your password. Simply input that code into the website, and you're in!

Use Password Vaults

Use a reputable password vault company to securely store your passwords for you. When you go onto your internet accounts like banking or shopping, your username and password fields will be filled in for you after you begin using the vault. Thus, you don't have to remember your login information. You simply will have a single master password to remember. This password needs to be very long and secure. **Important** - you cannot forget this master password as it is your key to get into the vault.



Change your passwords often!
Do not reuse the same passwords for different sites and devices.

Try a “Passphrase”

String several words together in a phrase that is easy for you to remember such as “ilovedalmationdogs” instead of the single password “dogs.” Passphrases are significantly stronger than an individual (pass)word.

