



# Cyber Security

## What is Cyber Security?

Cyber Security is the practice of protecting your systems and data from unauthorised access or malicious attacks. Cyber-attacks can cost organisations both time and money and can cause serious damage.

## Why is it important?

We are living more of a technological life which means that cloud services have been adapted to help protect sensitive data. However, as technology advances so do cyber attacks and data breaches. Which is why it is important you make sure you are protected.

To find out more about Cyber Security click [here](#):

For other information contact Keyfort-  
support@keyfort.co.uk  
or call us on  
0844 801 4589

## Joke for the month!

To create an account you must create a question and answer that only you will know.

Q: Where are the dead bodies buried?

A: Under the.....



## Here a few steps that you can take to help you stay protected

- Do NOT open emails or download attachments from people you do not know.
- Log out of your personal account if you use someone else's computer or a publicly accessed computer.
- Remember not to save credentials as this can keep your passwords stored within the browser.
- Think twice before you share any personal information! Once it is shared, it could stay on the internet forever!
- Clear your cookies to prevent companies from checking your online activities and using this information for marketing purposes. Make sure you do not accept cookies from websites you do not trust