

# 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](http://www.getsafeonline.org)

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