SECURITY MATTERS
NEWSLETTER

IT'S TIME TO SPRING CLEAN YOUR DIGITAL LIFE!

VOL 7 • DECEMBER 2022

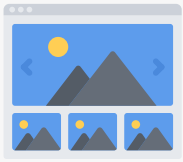
When was the last time you cleaned and organized your digital devices? Just as it is traditional to clean out our clutter, closets, living environment each spring, cybersecurity experts encourage to have a good practice to clear out and refresh our digital spaces too. We live online just as much as we do “offline” in our homes and offices, so spend some hours this holiday to refresh and update your digital security and eliminate bad digital habits.
Here are some of the things that you can do to spring clean your digital life!

DESKTOP/LAPTOP

- ◯ Remove old, duplicate and unecessary files.
- ◯ Create your own filing system to categorize your files/folders.
- ◯ Encrypt important files by installing full disk encryption software like **VeraCrypt/BitLocker**.

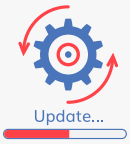
PHOTOS

- ◯ Delete any blurry & duplicate photos.
- ◯ Clean photos and app data on your devices.
- ◯ Back up photos to an external hard drive.



DIGITAL DEVICES & UPDATES

- ◯ Update the Operating System, software and apps on all your devices.



- ◯ Go through your "Apps" list and remove unused apps.
- ◯ Encrypt your mobile phone with a password on PIN code.

- ◯ Dispose old devices. Make sure to remove all information/data from the device before dispose it.

PASSWORDS

- ◯ Review your passwords. Are you using same passwords for few accounts?

- ◯ Set up strong and unique passwords.
- ◯ Enable two-factor/multi-factor authentication (2FA/MFA). Check out "How to set up 2FA?" here: https://rb.gy/3k9mda
- ◯ Set up a password manager like **KeepassXC** to store, generate and manage your passwords.

General Helpline: help@securitymatters.asia
Secure Communication via Protonmail: secmhelpdesk@pm.me

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@secm8 @sec_matters

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ONLINE ACCOUNTS

- ◯ Review your online accounts and delete any that you no longer use.
- ◯ Remove information in the accounts that isn't need anymore.
  E.g. Saved credit cards, documents in cloud storage.
- ◯ Keep an eyes on what you're paying for.
  E.g. Netflix, Adobe Creative Cloud.

SOCIAL MEDIA

- ◯ Delete inactive accounts.
- ◯ Unfollow social media accounts that you're no longer interested in.
- ◯ Review your friends list, contacts, photos and posts. Clean up/delete any if no longer relevant to you.

PRIVACY & SECURITY SETTINGS

- ◯ Check privacy and security settings on all apps and social media sites.
- ◯ Review your "Apps Permission". Does the app really need to access your location/contact list, etc? Check out "How to check App permissions?" here: https://rb.gy/3k9mda

EMAILS & MESSAGES

- ◯ Organize your emails and files. Delete unnecessary emails and empty the trash when you're done.
- ◯ Unsubscribe from newsletter, email alerts and mailing lists that you no longer read.
- ◯ Install encrypted email apps like **Protonmail, Thunderbird, Tutanota.**
- ◯ Install end-to-end encrypted apps like **Signal** for your messaging activities.

DOWNLOAD

- ◯ Clean your download folder especially junk downloads and zip.files.
- ◯ Only download official software/apps from the official stores like **Google Play, Apple App Store**. Further check the authority of the app, ratings and reviews before downloading.

CLOUD STORAGE

- ◯ Review and clean your cloud storage.
- ◯ Store important data on your desktop or an external hard drive rather than to the Cloud.

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WEB BROWSER

- ◯ Check your web browser settings. Clear your download and browsing history, cache, cookies and data. E.g. Saved passwords, autofill information.
  - **Firefox**: Settings > Privacy & security > Clear data under Cookies & site data.
  - **Chrome**: Settings > Security & privacy > Clear browsing data
  - **Safari**: Navigation bar > History > Clear history
  - **Microsoft Edge**: Settings > Privacy, search and services > Clear browsing data
- ◯ Delete unused browsers. Recommend to use **Firefox, Chrome or Chromium** with add-on/extensions like **HTTPS Everywhere or uBlock Origin** to make your browsing safer.
- ◯ Change the default search engine to a privacy-minded website like **DuckDuckGo.**
- ◯ Clean your bookmarks on browser. Bookmarks menu > Manage bookmarks

We hope this Checklist will help you get your digital life as organized and clean as your home! In the long run this will save you a lot of time and could also prevent some real headaches in the future!

NETWORK

- ◯ Review your router settings. Secure your router by using a strong password.
- ◯ Check who and what devices are connected to your network. Remove those that you don't recognize.
- ◯ Set up your wireless router with an encryption standard like WPA2

- ◯ Consider using a reliable Virtual Private Network (VPN) to create a secure internet connection. E.g. **Proton VPN, TunnelBear, Express VPN, Tor Guard.**

ADDITIONAL...

- ◯ Always back up your files/data/information to an external hard drive or a secure cloud storage.

- ◯ Once you gone through this spring cleaning, empty your trash to ensure most space out of your devices.

- ◯ Update anti-virus/anti-malware software. E.g. **Microsoft Windows Defender, Malwarebytes.** Run a complete scan once you have clean your devices.

- ◯ Search yourself online and remove any sensitive data. Find out if you've pwned via https://haveibeenpwned.com/

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Related News

ZIP and RAR named most prevalent malware carriers

Archive formats, such as ZIP and RAR files, are the most common types of files for delivering malware. They have surpassed Office files for the first time in three years. Experts observed several campaigns where cybercriminals embed malicious archives into HTML files to bypass email gateways and launch attacks.
Read more: https://bit.ly/3Bgzlr9

The most secure email service providers in 2023

It's estimated that one in five internet users had their email addresses leaked online in 2021. As such, it's of the utmost importance for businesses and individuals to ensure that their email service provider has adequate security features, especially when you consider that email is still the most widely used communication tool.
Read more: https://bit.ly/3hCKVGm

50,000 Malaysians have their data sold on bot markets - NordVPN

At least five million people have had their online identities stolen and sold on bot markets for RM27 (US$6 approximately) on average. Out of all the affected people, 50,000 are from Malaysia, this is a high number compared to other Asian countries, NordVPN said.
Read more: http://shorturl.at/lrwFM

The data in the recent Twitter leak is the same as the leak in 2021

In August, Twitter revealed that a bug was exploited to obtain user data before a patch was rolled out. The flaw was abused to collect data on 5.4 million users. As a result, the data was shared on a hacker forum by a user. The vulnerability was allowing someone to submit an email address or phone number to Twitter's systems.
Read more: https://bit.ly/3V8eI7v

Improper use of password managers leaves people vulnerable to identity theft

A password manager can be a useful and effective tool for creating, controlling and applying complex and secure passwords, but if you don't use it the right way, you can open yourself up to account compromise and even identity theft.
Read more: https://bit.ly/3HH7SmE

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WhatsApp quietly rolls out View Once screenshot blocking

WhatsApp has quietly rolled out a new feature that bolsters users' digital privacy by blocking the ability for people to take screenshots of View Once media, making the feature significantly more private - it was recently spotted by WABetaInfo as being under development.
Read more: https://bit.ly/3uSk3Fs

Social media scams getting out of hand, Minister calls on MCMC to take faster and tougher action

Recently, there are increased reports about fake Facebook pages running scams ads offering free books related to investment and financial management. These scam pages impersonate popular brands and titles such as Kinokuniya, Popular, MPH and Sin Chew Daily, and they direct users to a WhatsApp chat to continue the conversation.
Read more: https://bit.ly/3WttXZU

Google's new end-to-end encryption for Gmail on the web

Google has now made "end-to-end encryption" available for Gmail on the web, following Meta's 2016 offer to use it for WhatsApp. However, it only provides client-side encryption (Google refers to as E2EE) which already available for users of Google Drive, Google Docs, Sheets, Slides, Google Meet, and Google Calendar (beta).
Read more: https://bit.ly/3VcyGhv

LastPass users: Your info and password vault data are now in hackers' hands

In the latest updates, LastPass said hackers accessed personal information and related metadata, including company names, end-user names, billing addresses, email addresses, telephone numbers, and IP addresses customers used to access LastPass services.
Read more: https://bit.ly/3YJ5hi4

Read report here:
https://bit.ly/3BTW8cu

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