



# Cyber Security

A cyberattack is like a digital break-in but instead of picking a lock, attackers use software and the internet to sneak into and damage your computer system, network or device – usually to steal information, cause disruption, or demand money.

All of us need to be aware of our personal cyber security. But did you know that housing co-ops are just as vulnerable as any large company to the risk of a cyberattack?



## Cyber Tips

- Use strong and unique passwords
- Avoid using the same password for multiple accounts
- Keep your software and operating systems up to date
- Be cautious sharing personal information online
- Use two-factor authentication
- Regularly back up your data

You can protect your co-op with [Cyber Guard insurance](#).