



REMINDER: Protect Yourself From Cyber Attacks

ADVISORY

PROTECT YOURSELF FROM CYBER ATTACKS

-  **Update your operating systems (OS) and browsers to the LATEST versions** to keep your devices more secure.
-  **Never open or click email attachments from unknown senders** as these might contain malware that might infect your devices.
-  **Never click on links from unknown senders** via email, text, chat messages, and other platforms.
-  **Use strong unique passwords** for all your online accounts (emails, social media, apps, etc.) and change them **regularly**.
-  **Avoid using public unsecured Wi-Fi** as this might make your devices open to cyber attacks.
-  **Use anti-virus software** to help protect your devices further.



You can seek assistance from the local IT Office/Center of your CU or campus. See their contact details at: <https://bit.ly/UP-CU-IT-Offices>



Dear UP User,

Please be reminded of these pointers on protecting yourself from cyber attacks.

1. **Update your operating systems (OS) and browsers** in your devices to help keep them more secure.
2. **Never open or click email attachments** from **unknown** and **suspicious** senders, as these might contain malware that may affect your devices.
3. **Never click on links from unknown senders** via email, SMS/text, chat messages, and other platforms.
4. **Use strong and unique passwords** for all your online accounts (emails, social media, apps, etc.) and change them **regularly**.



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5. **Avoid using public unsecured WiFi**, as this might make your devices open to cyber attacks.

6. **Use anti-virus software** to help protect your devices further.

If you need any assistance on the security of your UP email accounts and office-issued devices, please get in touch with the local IT Offices of your CU/campus. Their contact details are listed at <https://bit.ly/UP-CU-IT-Offices>

For your guidance and information.