



## REMINDER: Protect Yourself from Cyber Attacks

July 11, 2025



**REMINDER TO ALL UP USERS!**

**Ways you can 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.).
-  **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.



For assistance, please contact your Local IT Office: [bit.ly/ITOffices](https://bit.ly/ITOffices)

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.



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4. **Use strong and unique passwords** for all your online accounts (emails, social media, apps, etc.).
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 [bit.ly/UP-CU-IT-Offices](https://bit.ly/UP-CU-IT-Offices)

For your guidance and information.