REMINDER: Protect Yourself From Cyber Attacks
April 4, 2025

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.).

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.