



UNIVERSITY OF THE PHILIPPINES

OFFICE OF THE VICE PRESIDENT FOR DEVELOPMENT



REMINDER: Protect Yourself From Cyber Attacks

April 4, 2025

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.).



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 technical support, contact your
CU IT Office/Center:
<https://bit.ly/ITOffices>

Or submit a support ticket at:
<https://ictsupport.up.edu.ph/>



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 <https://bit.ly/UP-CU-IT-Offices>

For your guidance and information.