



ITDC Advisory

Protect Yourself From Cyber Attacks



May 29, 2026

Dear UP User,

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



Update your operating systems (OS) and browsers in your devices to help keep them more secure.



Never open or click email attachments from unknown and suspicious senders, as these might contain malware that may affect your devices.



Never click on links from unknown senders via email, SMS/text, chat messages, and other platforms.



Use strong and unique passwords for all your online accounts (emails, social media, apps, etc.).



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



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



SHARE YOUR FEEDBACK WITH US!

To assist us in improving our IT advisories, we request your kind participation and a little bit of your time by answering this short survey form (link):

<https://bit.ly/up-itdc-survey-it-advisories>

Thank you!