

When is the last time you reviewed your passwords?

For most of us, it's been too long since we have changed them to keep our accounts safe. Follow these tips to safeguard your passwords and information.

- Make your passwords long and strong, using several characters mixed with upper and lowercase letters, numbers, and symbols.
- Avoid common phrases or information about yourself in your passwords
- Use multi-factor authentication. Most accounts support multi-factor authentication, requiring a password and some other type of information. When enabled, signing in will require you to also enter a code that's sent as a text message to your phone. So, if a hacker is not in possession of your phone, they will not be able to sign in, even if they know your password.
- Don't reuse passwords on other accounts. If a hacker compromises one account, chances are they will try the same password for another one of your accounts.
- If offered security questions, make sure you select the questions only you know the answer to. Many security questions ask for answers to information available in public records or online searches, like your zip code or your mother's maiden name and place of birth.
- If your accounts have been hacked or breached, change your passwords immediately.

