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Use reliable **Internet Security Software** that catches the nasties, but doesn’t drag your computer to a a juddering halt…

|  |  |
| --- | --- |
| **Windows/PC Protection** | **Mac Protection** |
| [ESET Cyber Security Pro](http://www.eset.com/us/home/)http://www.eset.com/ | [Sophos Anti-Virus for Mac (Free) Home Edition](http://www.sophos.com/en-us/products/free-tools/sophos-antivirus-for-mac-home-edition.aspx) http://www.sophos.com/ |
| [Avast! Internet Security](http://www.avast.com/internet-security)http://www.avast.com/internet-security | [Avast! Free anti-virus for Mac](http://www.avast.com/free-antivirus-mac)http://www.avast.com/free-antivirus-mac |
| [F-Secure Internet security](http://www.f-secure.com/en/web/home_us/internet-security) http://www.f-secure.com/ | [F-Secure Anti-Virus for Mac](http://www.f-secure.com/en/web/home_us/anti-virus-for-mac)http://www.f-secure.com/en/web/home\_us/anti-virus-for-mac |
| [Kaspersky Internet Security](http://www.kaspersky.ca/products-services/home-computer-security/internet-security) http://www.kaspersky.ca/ | [ESET CyberSecurity Pro for Mac](http://www.eset.com/us/home/products/antivirus-for-mac/)http://www.eset.com/us/home/products/cyber-security-pro/ |
|  | [Kaspersky Security for Mac](http://www.kaspersky.ca/products-services/home-computer-security/anti-virus-for-mac?domain=kaspersky.com)http://www.kaspersky.ca/products-services/home-computer-security/anti-virus-for-mac?domain=kaspersky.com |

**Backup** your data to external drives that you can store off-site, make sure you buy a disk big enough to store your backups and maybe an “image” of your computer (see below)…

|  |  |  |
| --- | --- | --- |
| **Capacity** | **Description** | **Price** |
| 500 GB | WD Elements Portable WDBUZG5000ABK - hard drive - 500 GB - USB 3.0. CDW #: 3114328 | $ 79.99 |
| 500 GB | Seagate Slim for Mac STCF500102 - hard drive - 500 GB - USB 3.0. CDW #: 3080039 | $ 88.99 |
| 750 GB | WD Elements SE Portable WDBPCK7500ABK - hard drive - 750 GB - USB 3.0. CDW#: 2623195  | $ 89.99 |
| 1 TB | WD Elements Portable WDBUZG0010BBK - hard drive - 1 TB - USB 3.0. CDW #: 3199285 | $ 94.99 |
| 2 TB | Toshiba Canvio Connect - hard drive - 2 TB - USB 3.0. CDW Part: 3273132. | $ 147.99 |
| Supplier: CDW Canada (prices correct as at 26th July 2014). URL - http://www.cdw.ca/ |

Then choose backup software that lets you schedule your backups so that you don’t have to worry about them…

**Backup Software for Mac: Time Machine Tutorial** - <http://support.apple.com/kb/ht1427>

**Backup Software for the PC: SyncBack from 2BrightSparks** -http://www.2brightsparks.com/syncback/syncback-hub.html

**Use Disk Imaging aka “Cloning” software** to let you restore a system with minimal stress…

**For the Mac—Carbon Copy Cloner:** ([http://www.bombich.com](http://www.bombich.com/)) at about $40.00 or $30.00 with educational discount.

**For PC’s—O & O Disk Image:** About $30.00 from O & O Software ([http://www.oo-software.com/en/
products/oodiskimage](http://www.oo-software.com/en/products/oodiskimage))

If you lose your data, make sure nobody can access it, using **encryption software…**

**Jetico BestCrypt (https://www.jetico.com/products/personal-privacy/bestcrypt-volume-encryption)**

Consult the BestCrypt help system for advice on the use of available encryption algorithms.

Lastly, the weakest link is usually a password…

**Strong Passwords:**

* Contain at least 8-12 characters
* Contain characters from at least 3 of the following 4 classes:
	+ Upper case letters
	+ Lower case letters
	+ Numerals
	+ Non-alphanumeric characters
* Do not contain words in a dictionary and are not name/s
* Do not contain any part of the account name
* Are not based on personal information
* Are known only to the user

Change passwords on important accounts (e.g., online banking) every 20 to 30 days

**Remember**—you don’t need a strong password for *all* of your accounts. The strength of your password should be based on the sensitivity of the data that you are trying to protect.

