

Data Protection

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

Windows/PC Protection	Mac Protection
ESET Cyber Security Pro http://www.eset.com/	Sophos Anti-Virus for Mac (Free) Home Edition http://www.sophos.com/
Avast! Internet Security http://www.avast.com/internet-security	Avast! Free anti-virus for Mac http://www.avast.com/free-antivirus-mac
F-Secure 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
Kaspersky Internet Security http://www.kaspersky.ca/	ESET CyberSecurity Pro 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

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 WDBUZZ5000ABK - 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 WDBUZZ0010BBK - 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>) 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>)

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.

