

A.D.D.

Avoid

- Don't open emails or attachments from unknown senders
- Do not go to unrecognized websites
- Do not answer unknown Numbers
- Improve your emotional Intelligence
- Think before you act
- Be careful what you put on social media

Deny

- Set good passwords
- Change passwords periodically
- Lock Mobile Devices
- Check app permissions
- Use a Virtual Private Network (VPN)
- Install a Personal Firewall

Defend

- Install Anti-Virus/Anti-spyware
- Check your credit scores
- Monitor your accounts
 - Sign up for real-time alerts
- Keep your private info Private