Helpful Tips

- Passwords should have at least eight characters and include upper case (capital letters) and lowercase letters, numbers and symbols.
- Avoid words and proper names, regardless of language. Hackers use programs to guess passwords by trying every word in a dictionary.
- Don't use personal information, such as name, children's name, birthdates, etc. that someone might already know or easily obtain.
- Change passwords regularly. If you believe your system, or an online account you access, has been compromised change your password immediately.
- Use unique passwords for unique accounts.
- Make sure your work passwords are different from your personal passwords.

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