



# CIRT.GY

Guyana National Computer Incident Response Team

## **T2025\_28 Practice Good Cybersecurity Hygiene: Essential Daily Habits (October 10th, 2025)**

Cybersecurity is not just about advanced tools and complex configurations it's about developing consistent, everyday habits that minimize risk. Poor cybersecurity hygiene, such as clicking suspicious links, using weak passwords, ignoring software updates, or oversharing personal information online, creates vulnerabilities that attackers readily exploit. Many successful breaches begin with simple mistakes that could have been prevented through basic security practices, and human error remains one of the leading causes of incidents, making personal responsibility a critical part of any security strategy. To strengthen protection, verify sender identities before clicking links or downloading attachments, use strong and unique passwords for each account, enable multi-factor authentication wherever available, and keep all software and devices updated with the latest patches. Be mindful of what personal details you share on social media, regularly review your privacy settings, avoid public Wi-Fi for sensitive activities without a VPN, log out of accounts after use, and back up important data frequently.

### **References**

- Infosecurity Europe. (2024). 10 Everyday Practices to Enhance Digital Security. Infosecurity Europe. Retrieved September 29, 2025, from <https://www.infosecurityeurope.com/en-gb/blog/guides-checklists/10-everyday-practices-to-enhance-digital-security.html>
- National Cyber Security Centre. (n.d.). Cyber security: Small business guide. NCSC. Retrieved September 29, 2025, from <https://www.ncsc.gov.uk/collection/small-business-guide>