5 Internet Safety Tips:

- 1. Keep personal information to yourself (full name, date of birth, social security number)
- 2. Beware of strangers
- 3. Do not click links in emails unless you know the sender
- 4. Use strong passwords
- 5. Practice safe browsing





Information comes from these sites:

- https://us.norton.com
- https://usa.kaspersky.c om
- https://triquesttech.com/
- https://www.consumer. ftc.gov/articles/howrecognize-and-avoidphishing-scams

Quick Internet Safety



Handout produced for Oregon State Hospital by OT Intern. September 2021

Practice safe browsing:



Email Scams:



Some websites can cause big problems. Such as locking you out of accounts, or getting your personal information.

To stay safe:

- 1. Only visit secure websites that begin with "https://"
- 2. Avoid clicking on ads and offers
- 3. Bookmark sites you visit often

Use strong passwords:

Strong passwords:

- Have big and little letters
- Use numbers
- Use symbols
- Do not use names
- Do not use important dates



Scammers can use email to trick you into giving out personal information.
Theses emails look like they come from a company you know about or use.

Common tricks include:

- Pretending to be a loved one asking for money
- Claim there is a problem with an account
- Asks for bank information to claim prizes or money

To stay safe:

- Delete the email
- Do not click links in email