



सत्यमेव जयते

Department of Health Research
Ministry of Health & Family Welfare



“Good Practices on Cyber Hygiene”

Cyber Jaagrookta Diwas
Celebrations, 2022



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Do's

01

Think before clicking unknown links

Use Hard-to-guess Passwords

(Alphanumeric, special characters and minimum 8 characters)

02

03

Enable Multi-Factor Authentication

Limit Personal Information in Public Domain

04

05

Install Antivirus Software and Update Regularly

Avoid visiting unfamiliar Websites

06

07

Backup your data regularly

Lock your workstation

08

09

Stay Away from Suspicious Clickbait

Keep yourself updated on Cyber Hygiene

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Don'ts

Use a Single Password for Different Websites

01

02

Download Unknown Software

Share and write down passwords

03

04

Using portable devices without scanning

Leave wireless or bluetooth turned on
when not in use

05

06

Using http (non-secure) sites

Use of Public Wi-Fi

07

08

Stick With a Single Email Account

Store Personal Card Details On Websites

09

10

Allow Websites to Remember Your
Username and Password

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