



internet help site

HEALTH ADVICE FOR YOUR COMPUTER

Your Computer Security Check List

Take this quick quiz... Print this page and then go through the check list.

HOW SAFE ARE YOU?

1. Have you got antivirus software installed?

- Yes
- No

Do you update it regularly, preferably weekly?

- Yes
- No

2. When you receive an attachment, or a file or that you haven't expected, do you:

- Ask the sender if they sent it and question what was sent.
- Delete it.
- Open it and check it out.

3. Do you keep up to date about security holes and patches and have you checked up on them recently?

- Yes, I've read about security holes and patches and I install them.
- No, I don't take any notice of these things.

4. Have you got a firewall?

- Yes
- No
- Don't know/Not sure

5. Do you use file sharing over the Internet?

- No.
- Yes, but I customize the use of them and know the risks.
- I'm not sure, so I've probably got everything enabled.
- What's file sharing??

6. Do you disconnect from the Internet when not in use (especially broadband)?

- Yes
- No

7. Do you use simple or difficult passwords, eg;

- Numbers AND uppercase letters AND lowercase letters
- Only one of the above or the same password for everything

8. When was the last time you saved important files, in case something happened?

- Last week
- Last month
- Longer time ago/never

Are the backups are safely stored offsite?

- Yes
- No

9. Do you have the phone number for someone you can call for "computer help", such as your cousin, the computer guru, or your company's Help Desk? Is it written down next to the computer in case something strange starts happening on the computer?

- Yes
- No

10. Do you have written procedures of what should be done in case something strange does start happening, e.g., turn off the computer, call your computer genius friend?

- Yes
- No

11. Is the security setting on your Internet browser software set to:

- High
- Medium
- Low

This quiz is designed to make you think even though some of the answers may seem pretty obvious. If you're a newbie, go back to www.internethelpsite.com and find out more on the topics raised in the above quiz. Perhaps it may help to do a before and after quiz. That way you can check your progress.

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If you found these tips helpful and you would like to know more about protecting yourself, your family and your business, just click below to get your own copy of the book, "Internet Security Secrets". It's jam-packed full of information, tips and secrets and is available now at a special introductory price.

www.internetsecuritysecrets.com

