

Stop and think before you click on email links or attachments. Are you expecting it? Do you really need it?

Be especially **alert** and smart when surfing the internet. Resist the temptation to click through on adverts or to see what a celebrity has done this week.

Avoid **freebies** on the internet; they often come with a sting in the tail. Free file, video or music sharing sites are also dangerous.

Be alert for **warnings** from your antivirus and don't cancel a scan just because it is slowing you down. If it is trying to tell you something this should not be ignored.

Allow **updates** for Microsoft, Java, Flash and Reader to install. A system without updates is a vulnerable one.

If you do think you have caught a bug, then you don't want to infect your network. **Unplug** your PC immediately and call IT support

Be aware that an antivirus alone cannot protect you against infection. You have a responsibility too!

Cybersecurity tips for end users

Print it and protect IT!