

# Cyber Hygiene Toolbox: Quick Checklist

Use this checklist to protect your data and stay safe online. Each tool below plays a unique role in your cyber hygiene toolbox.

## 1. Password Manager

Tool: Bitwarden / KeePass

Why: Store and manage all your passwords securely.

Tip: Enable two-factor authentication for extra protection.

## 2. Antivirus & Anti Malware Software

Tool: Malwarebytes / Windows Defender

Why: Detect and remove malware and viruses.

Tip: Set it up to run regular scans automatically.

## 3. Browser Privacy Extensions

Tools: uBlock Origin, HTTPS Everywhere, DuckDuckGo Privacy Essentials

Why: Block trackers, ads, and ensure secure connections.

Tip: Add them to your browser for extra privacy.

## 4. Virtual Private Network (VPN)

Tool: ProtonVPN / NordVPN

Why: Protect your connection on public Wi-Fi and hide your IP address.

Tip: Turn it on whenever you use public Wi-Fi.

## 5. Email & Link Safety Tools

Tool: VirusTotal / Gmail or Outlook Filters

Why: Check suspicious links or attachments before opening.

Tip: Always verify emails asking for personal info.