

# Internet Security Checklist

Dave Palmer – TechTeachToo.com - 5-22-2010

Serious Internet security requires a layered approach. This approach goes beyond security software and products to include appropriate habits and behaviors that reduce risk and increase protection.

## Internet Security Best Practices

### Good online habits to lower your risk

- Watch web addresses to clearly understand where you are on the Web
- Be careful not to click on links in unsolicited emails
- Be careful not to provide sensitive information after clicking on an e-mail link
- Be careful not to conduct financial transactions on unsecured websites
- Use stronger passwords where money or sensitive information is concerned
- Read license and privacy agreements – retain a copy of the important ones
- Use one or both of these secure browsing options:
  - Firefox with the Better Privacy add-on and the No Script add-on or
  - Use your preferred browser inside Sandboxie

### Good offline habits to increase protection

- Join your local PC users group
- Update your operating system on a regular basis
- Update your programs and applications on a regular basis
- Investigate anti-malware products with a search engine before purchase
- Backup your data and/or your whole system, preferably both
- Create a user account on your computer
- Use multiple layers of security
  - Use a hardware firewall (wireless router with a firewall)
  - Use a software firewall, also called a personal firewall – don't use more than one
  - Use an anti-spyware product – can use more than one, but only one paid version
  - Use an anti-virus product – don't use more than one

### Scan your computer on a regular basis to find and eliminate malware

- For each browser you use, export the bookmarks to a file.
- If you run any websites, download a copy of each to a file.
- Run Secunia.com or something similar to ensure all applications are up to date
- Update and run one or more anti-spyware products
- Update and run an anti-virus product (one only)
- Run Hijack This to record the state of your machine (optional)
- Set a Restore Point
- Run an imaging backup program. Name it with the date and the word 'clean'
- Backup your data. Name it with the date and the word 'clean'
- Backup all backups and take them off site.

Every 6 months copy all digital images, legal documents and other important files onto CDs or DVDs and keep them off site.