# Password Security Best Practices

Strong password habits are one of the simplest ways to reduce the risk of account compromise, fraud, and unauthorized access.

### 1. Create strong passwords
- Use at least 12–16 characters.
- Combine uppercase and lowercase letters, numbers, and symbols.
- Avoid names, birthdays, common words, and simple patterns like “123456” or “password."

### 2. Use passphrases
- Create a memorable phrase instead of a word: Sunset!Coffee_Runs2026.
- Longer = harder to crack.

### 3. Never reuse passwords
- Use a unique password for every account.
  - Especially important for email, banking, work accounts, and social media.

### 4. Use a password manager
- Store passwords securely in one place.
- Generate strong, random passwords.

### 5. Enable multifactor authentication (MFA)
- Adds a second layer of protection.
- Examples:
  - SMS code
  - Authenticator app
  - Biometrics (fingerprint/face)
- Accounts stay protected, even if password is stolen.

### 6. Avoid common mistakes
- Don’t share passwords with anyone.
- Don’t store passwords in notes or sticky notes.
- Avoid saving passwords on public or shared devices.

### 7. Update passwords regularly
- Change passwords if you suspect a breach or reused one accidentally.
- Use breach-check tools to stay safe.

### 8. Act fast if compromised
- Change affected passwords immediately.
- Enable MFA if not already on.
- Check account activity for suspicious behavior.



## THE BOTTOM LINE

Strong passwords + Unique credentials + MFA = Stronger protection

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