IT MATTERS

IT Security – Mobile Device Security

So, you're at work, and you get a text on your personal phone. Or you decide to spend your lunch catching up on Facebook or checking out a new app on your tablet.

It's your personal phone, so it has nothing to do with Houston Methodist, right? Not so fast. If you have any work information on your personal phone or tablet, it means hackers can possibly use your device as a pathway to Houston Methodist data.

Most of us spend two and one-half hours a day on our mobile devices. By 2020, experts estimate mobile devices will account for 66 percent of online traffic. This shift to mobile heightens the need for device security.

You can protect your data and Houston Methodist information by following a few simple guidelines.

Stopping mobile attacks on your personal devices

Unless you're sure it's a reliable source, don't download apps that ask to access your device's data. Mobile apps can contain a surprising lack of built-in security. When an app asks to access your device's data, it seems easy to just say 'yes' – but don't.

Free apps present a real issue, especially ones offering in-app purchasing and downloads. A growing amount of malicious software is embedded in these downloads, and hackers benefit from people saying 'yes' to accessing your device's data. Protect yourself and Houston Methodist data by saying 'no.'

Use only secure WiFi. Unsecured WiFi poses another security risk. Your device usually picks up the strongest signal – which can be a rogue WiFi that's actually an attacker waiting to monitor, intercept or even alter communications from your device.

Turn off Bluetooth when you're not using it. Bluetooth also comes with some security pitfalls. Hackers can use Bluetooth to spread viruses, allowing hackers to access Houston Methodist information that may be on your device.

When they steal your phone, it's not your device thieves are after. Instead, they usually sell it to buyers who are much more interested in hacking your device for the data they can find.

Stay safe, and keep our information safe, by following these precautions.

HOUSTON Methodist LEADING MEDICINE

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