

# Cyber Check Up

## How safe are you and your clinics?

Have you noticed an increase in news articles about cyber security attacks across the United States recently? We sure have! In fact, we here at Dickinson County Healthcare System (who operate 8 RHCs) experienced a cyber-attack in late 2020. Popular media has pretty much become a police blotter for clinics, hospitals and health systems that have fallen victim to threat actors attacking their data.

Have you ever wondered how safe your clinic is from events like these? Take the quiz below to find out just how cyber-savvy and safe you and your clinics are.

### How Cyber Savvy Are You?

*Answer yes or no to each of the questions below.*

1. Do you have 2-factor authentication installed on your devices in your clinics?
2. Do you use a passphrase?
3. Do you auto-connect to public Wi-Fi?
4. Have you ever completed fun surveys on social media providing personal information? (*Be honest*)

*Let's tally your score:*

1) Yes = +10 No = -25 2) Yes = +25 No = -35 3) Yes = -20 No = +30 4) Yes = -50 No = 0

0 to +65	You are a Cyber Security Ninja!
-1 to -50	You are a Cyber Apprentice – you need some help from a master.
-51 to -130	Patience young grasshopper – you have much to learn.

As you tally your score and wonder – “Why am I not a cyber ninja?” we, as former victims of a cyber security attack, are here to help by providing industry-standard best practices and lessons learned to Come join us in Kentucky at the NARHC Fall 2021 Institute where we will share tools and resources you can utilize in your RHCs.

### Sneak Peek Cyber Security Best Practice

- Having numerous devices and individuals connected to the same wireless network can easily enable cyber-criminals and spies to distribute malware (spyware, ransomware, etc.)

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