

Report suspicious or confirmed phishing emails using Gmail:

- <https://support.google.com/mail/answer/8253?hl=en>

Freeze your credit files, allowing you to “thaw” to control access

- Equifax: <https://www.equifax.com/personal/credit-report-services/credit-freeze>
- Experian: <https://www.experian.com/help/credit-freeze/>
- TransUnion: <https://www.transunion.com/credit-freeze>

Identify your most important accounts. Ex.

- **Personal email address(es)**
 - Remember – your most important accounts are linked to an email address
- Financial, investment, medical, etc.

Ensure those identified accounts:

- Use a unique password / passphrase that you do not use anywhere else
 - Best practice is ~18 characters that are easy to remember. Ex.
 - HosannatotheSonofDavid!
 - 3000#QuickRedFoxes
- Use MFA/2FA (multi-factor / two factor authentication)
 - Authenticator apps are preferred over SMS / text-based authentication or voice-based authentication (but any option is better than just a password)
 - Ex. Authenticator apps:
 - Microsoft Authenticator
 - Google Authenticator
 - Duo
 - Authy
- Are protected if you lose your password
 - Ex. Print a copy of your most important passwords and secure the document in a safe location