

# Cyber Hygiene Best Practices for Organizations



## Strong Password Management

- Enforce complex passwords with a mix of characters, numbers, and symbols.
- Implement multi-factor authentication (MFA).
- Regularly update and rotate passwords.

## Regular Software Updates and Patching

- Keep all software, operating systems, and applications up to date.
- Automate updates wherever possible.
- Apply security patches promptly to close vulnerabilities.

## Data Backup and Recovery

- Schedule regular backups of critical data.
- Store backups securely, preferably offsite or in the cloud.
- Test data recovery processes periodically.

## Secure Network Practices

- Use firewalls, antivirus, and anti-malware tools.
- Monitor network traffic for unusual activities.
- Segment networks to limit unauthorized access.

## Access Control and User Permissions

- Implement the principle of least privilege (PoLP).
- Regularly review and adjust access permissions.
- Remove access for inactive or former employees immediately.

## Employee Training and Awareness

- Conduct regular cybersecurity training sessions.
- Simulate phishing attacks to test awareness.
- Educate staff on identifying and reporting security threats.

## Implement Encryption

- Encrypt sensitive data both at rest and in transit.
- Use secure protocols like HTTPS and VPNs for remote access.

## Establish Incident Response Plans

- Develop a clear incident response plan.
- Conduct drills to ensure readiness.
- Define roles and responsibilities during a cyber incident.

## Monitor and Audit Systems

- Perform regular security audits and vulnerability assessments.
- Use intrusion detection and prevention systems (IDPS).
- Keep logs of security events and analyze them for threats.

## Enforce Safe Browsing and Email Practices

- Block malicious websites and filter emails for phishing attempts.
- Advise employees to avoid downloading unknown attachments or clicking suspicious links.

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