# CYBERSECURITY AWARENESS MONTH

## Stay Safe @ Home: Cyber Security Tips and Tricks for Home and Work

SF STATE

Date: Wednesday, October 21, 2020

Presenter: Mary Morshed, Campus ISO

NATIONAL CYBERSECURITY ALLIANCE

*Do Your Part. #BeCyberSmart*

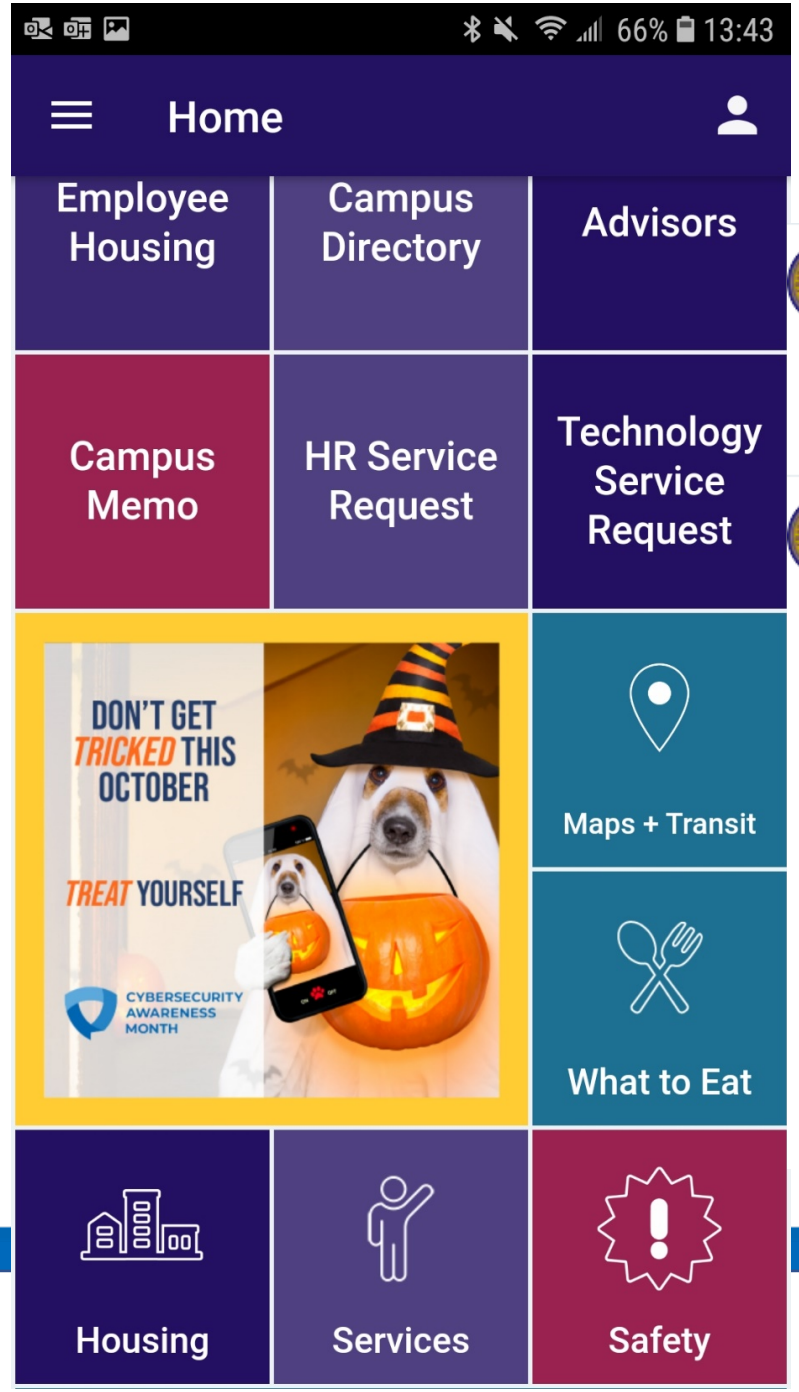
# OCTOBER MEANS...

1. HALLOWEEN
2. PUMPKIN SPICE LATTES
3. CYBERSECURITY AWARENESS MONTH

STAYSAFEONLINE.ORG/
CYBERSECURITY-AWARENESS-MONTH

SF State's Mobile App
Spotlight Item

October 21st – 24th




**ITS @ SFSU** @SFSU_ITS · Oct 19

Want to learn more about protecting yourself and your family from online threats? Register for a Cybersecurity Awareness Month presentation to be held 4 p.m. Wednesday, Oct. 21, via Zoom. Registration at its.sfsu.edu/content/events...

3

**ITS @ SFSU** @SFSU_ITS · Oct 16

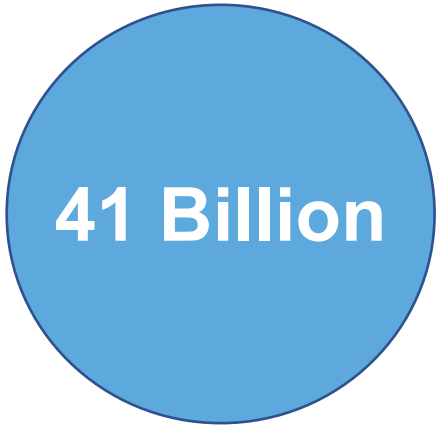
Don't forget to #BeCyberSmart! Here's today's tip: If you connect it, protect it. Outsmart cyber threats by regularly updating your software.


1 1

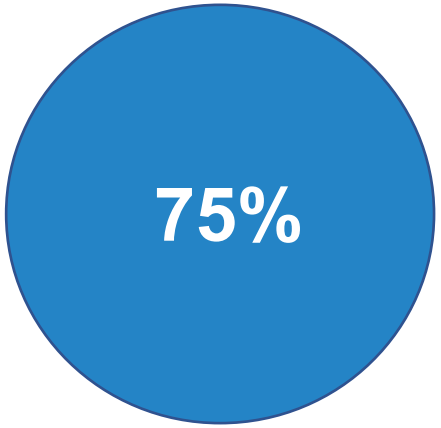
*Do Your Part. #BeCyberSmart*

# If You Connect It, Protect It.

Cybersecurity Awareness Month 2020 is about taking proactive steps to enhance cybersecurity at home and in the workplace




There will be more than 41 billion IoT devices by 2027, up from about 8 billion in 2019[3]




75% of infected devices in IoT attacks are routers[1]

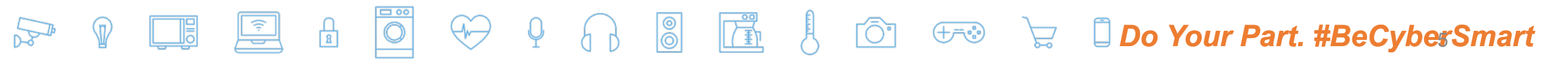

Once plugged into the internet, connected devices are attacked within 5 minutes and targeted by specific exploits in 24 hours[2]

1 **Symantec**: https://symantec-enterprise-blogs.security.com/blogs/expert-perspectives/istr-2019-internet-things-cyber-attacks-grow-more-diverse
2 **NETSCOUT Threat Intelligence Report**: https://www.netscout.com/sites/default/files/2019-02/SECR_001_EN-1901%20-%20NETSCOUT%20Threat%20Intelligence%20Report%202H%202018.pdf
3 **Business Insider Intelligence**: https://www.businessinsider.com/internet-of-things-report?IR=T

# Weekly Focus Areas

https://its.sfsu.edu/announcement/cybersecurityawarenessmonthoctober2020

| | |
|---|---|
| **October 1-4** | **Official Cybersecurity Awareness Month Kick-off** |
| **Week of October 5** | **If You Connect It, Protect It** |
| **Week of October 12** | **Securing Devices at Home & Work** |
| **Week of October 19** | **Securing Internet-Connected Devices in Healthcare** |
| **Week of October 26** | **The Future of Connected Devices** |



# Working/Learning Remotely Cyber Security Challenges

Cyber Security is more important than ever

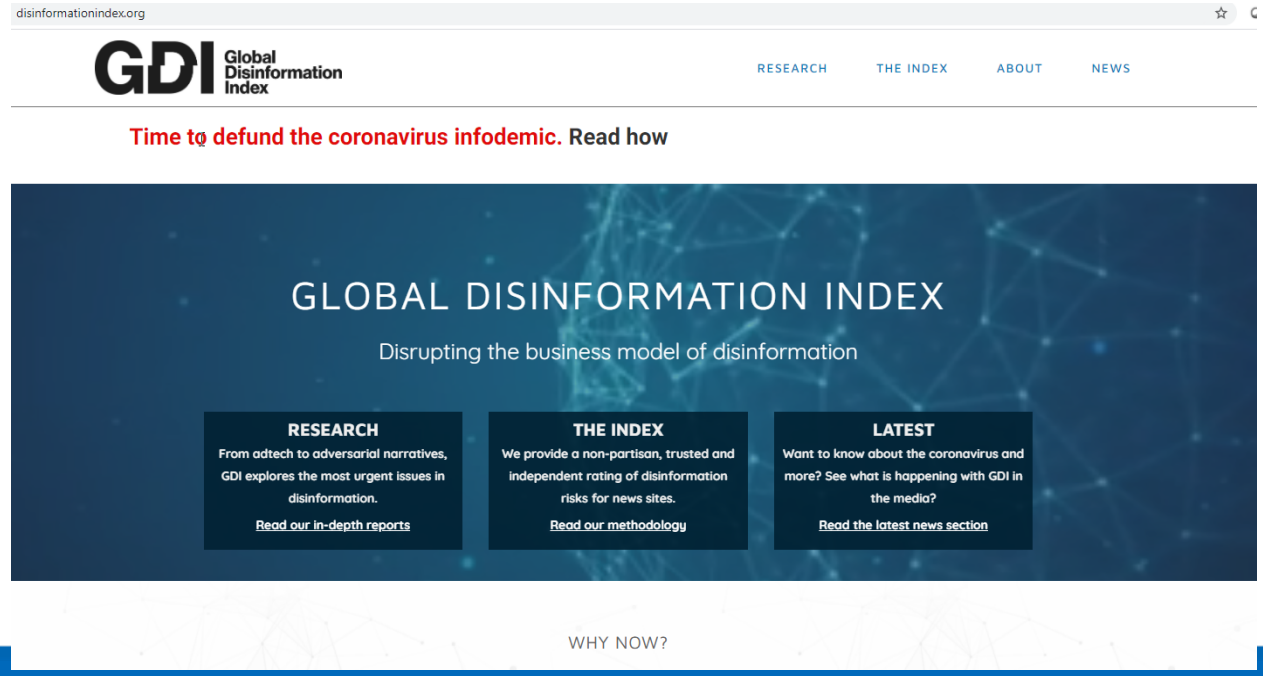
- No longer connecting to protected networks
- Increased phishing emails; Attackers know everyone is working/learning remotely
- Distractions lower our radar for identifying suspicious emails and suspicious technical behaviors

# Own Your Role in Cybersecurity- The Basics

- LOCK DOWN YOUR LOGIN
- WHEN IN DOUBT, THROW IT OUT
- KEEP A CLEAN MACHINE
- BACK IT UP
- OWN YOUR ONLINE PRESENCE
- SHARE WITH CARE
- GET SAVVY ABOUT WIFI HOTSPOTS

# Beyond the Basics:
# Misinformation, Disinformation, Hoaxes, and Scams

Laundry List of Browser Plug-Ins and Sites Focused on Disinformation
https://www.rand.org/research/projects/truth-decay/fighting-disinformation/search.html



# Beyond the Basics:
## Misinformation, Disinformation and Hoaxes Example

https://disinformationindex.org/wp-content/uploads/2020/10/GDI_Ad-deck_-US_Primer.pdf



**These conspiracies form part of a broader disinformation landscape around the US elections.**

**These narratives are being framed around or within stories.**

**GDI**

**Figure 1: Election Disinformation Map**

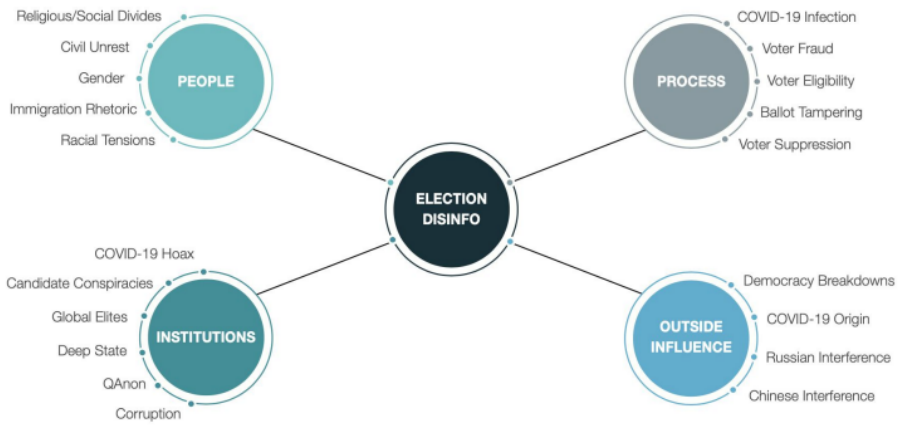



*Figure produced by the Global Disinformation Index*

**GDI has studied a selection of popular brand ads appearing on US election disinformation on the five top traffic sites carrying this content**

Conspiracy theories include:

- Political parties are actively buying votes.
- Party-linked groups planning electoral violence.
- Parties are actively disrupting mail-in ballot processes.
- Candidates are calling for violence.
- Candidates are unfit and too old to hold office.

**GDI**



**Sample of popular brands funding these stories:**

petco, SONY, ups, amazon FLEX, amazon, TORY BURCH, THE UNIVERSITY of WISCONSIN MADISON, bloomingdale's, GRAINGER

# Beyond the Basics:
# Scams

## Example of Phishing Scams at SF State

**From:** Corey Roberts <corey@districtadvice.com>
**Sent:** Tuesday, October 20, 2020 10:56 PM
**To:**
**Subject:** Retirement Support for San Francisco State University Personnel

Employee <LAST NAME>,

Each year, as an employee of San Francisco State University you are eligible to schedule a phone call, teleconference, or in-person meeting off campus with a representative for answers to your specific state, federal and individual retirement benefit questions.

At your consultation, you will be provided with information that will tell you what your potential income can be when you retire, and how much longer you may have to work. That, along with advice on the best ways to utilize your 401(a)/403(b) optio with your state retirement and/or Social Security benefits.

*Please be sure to indicate which type of appointment you prefer (off-campus, phone call, or teleconference) in the notes section while scheduling. Please also include your direct cell phone number.*

Appointments fill up quickly. If you'd like to secure your spot, click on the link below, or simply reply "yes" to this email.

https://districtadvice.com/index.html#appointment/4f63f171-ec77-4eec-a79f-da3c73e68df7

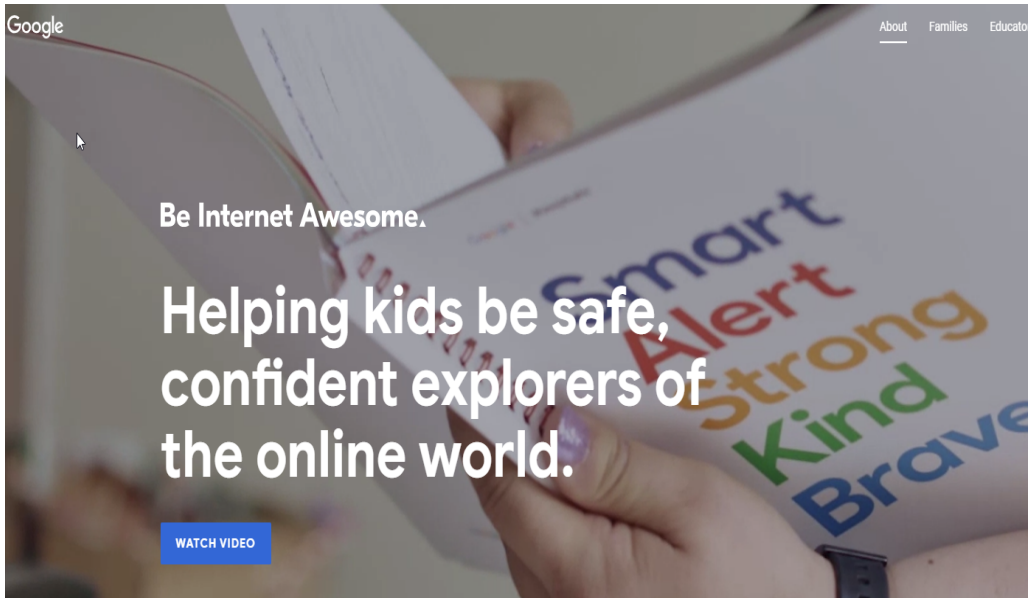
Licensed representatives are not employees of the college or state retirement system. All representatives are independent and licensed by the state department of insurance.

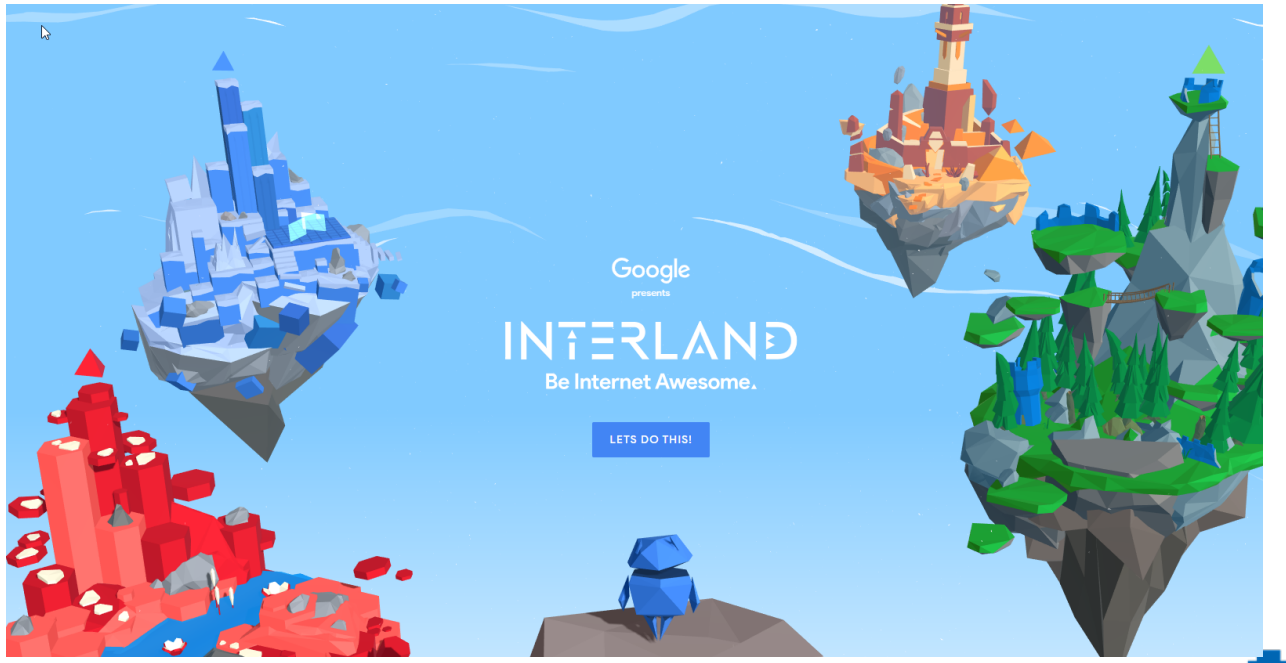
To opt out of future mailings, click on the following link:

https://districtadvice.com/index.html#appointment/4f63f171-ec77-4eec-a79f-da3c73e68df7/unsubscribe

# Educate Yourself and Your Family

Be Internet Awesome: https://beinternetawesome.withgoogle.com/en_us
Game: https://beinternetawesome.withgoogle.com/en_us/interland



# Mobile Devices

## Top Security Best Practices

- Keep software up to date
- Password protect your device
- Use security software (e.g. Lookout Personal, BitDefender Mobile)
- Set up the Locate/Find Me Feature

## Top Privacy Best Practices

- Know when you have geo-location turned on
- Review privacy settings and the access needed when downloading mobile apps
- Don’t store personal or confidential information on a mobile device

# Internet of Things (IoT) Devices

| Pros | Cons |
|---|---|
| Convenient | Vendors may not be able to push out fixes for vulnerabilities |
| Easy to use and set up | User doesn't have complete control of the device |
| Fairly low cost | Could be susceptible to hostile take-over or data leaking |
| Connect and control with smart phones | Has ability to impact real-world (people, things) |
| **Think through all considerations when making decisions about using IOT devices.** | |

Examples:  NEST Thermostats, home surveillance cameras, Purple Air - Air Quality Sensors, TV's, streaming devices, smart garage door openers

# Other Considerations

- Dedicate a device for work/learning
  - Do not share the computer for other uses
  - Do not co-mingle work and personal data

- Ergonomics
  - Neutral positions for head/eyes, back and wrist (See SF State's Resources)
  - Eye Strain considerations
    - Try the 20-20-20 rule: Every 20 minutes, look at something 20 feet away for at least 20 seconds.

# SF State Resources

SF State Cybersecurity Awareness Month:

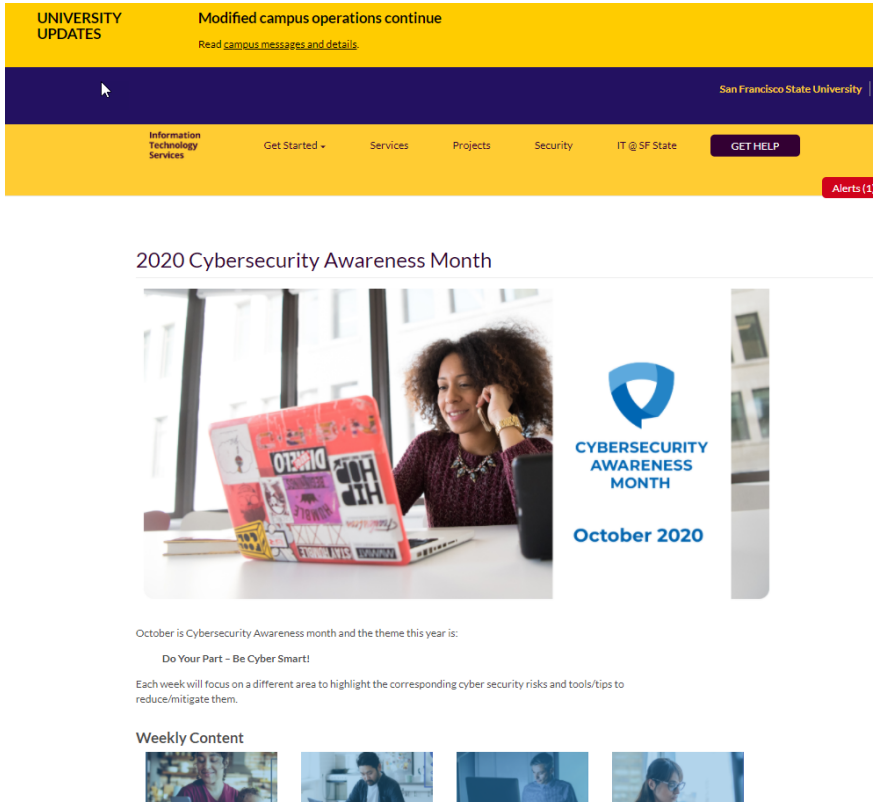
- https://its.sfsu.edu/announcement/cybersecurityawarenessmonthoctober2020

SF State Remote Work Resources:

- https://its.sfsu.edu/guides/continuitytools
- https://dev-sfsu-at.pantheonsite.io/departmental-operations-continuity-resources

SF State Ergonomics:

- https://erm.sfsu.edu/content/ergonomics
- https://erm.sfsu.edu/sites/default/files/Setting%20Up%20Your%20Laptop%20In%20Your%20Home.pdf
- https://erm.sfsu.edu/sites/default/files/Ergonomic%20%20Tips%20for%20Using%20Laptops.pdf
- https://www.mayoclinic.org/diseases-conditions/eyestrain/diagnosis-treatment/drc-20372403



# NCSA Resources

## Cybersecurity Awareness Month:
https://staysafeonline.org/cybersecurity-awareness-month/

## COVID-19 Security Resource Library:
https://staysafeonline.org/covid-19-security-resource-library/

## Security Awareness Videos:
https://staysafeonline.org/resource/security-awareness-episodes/

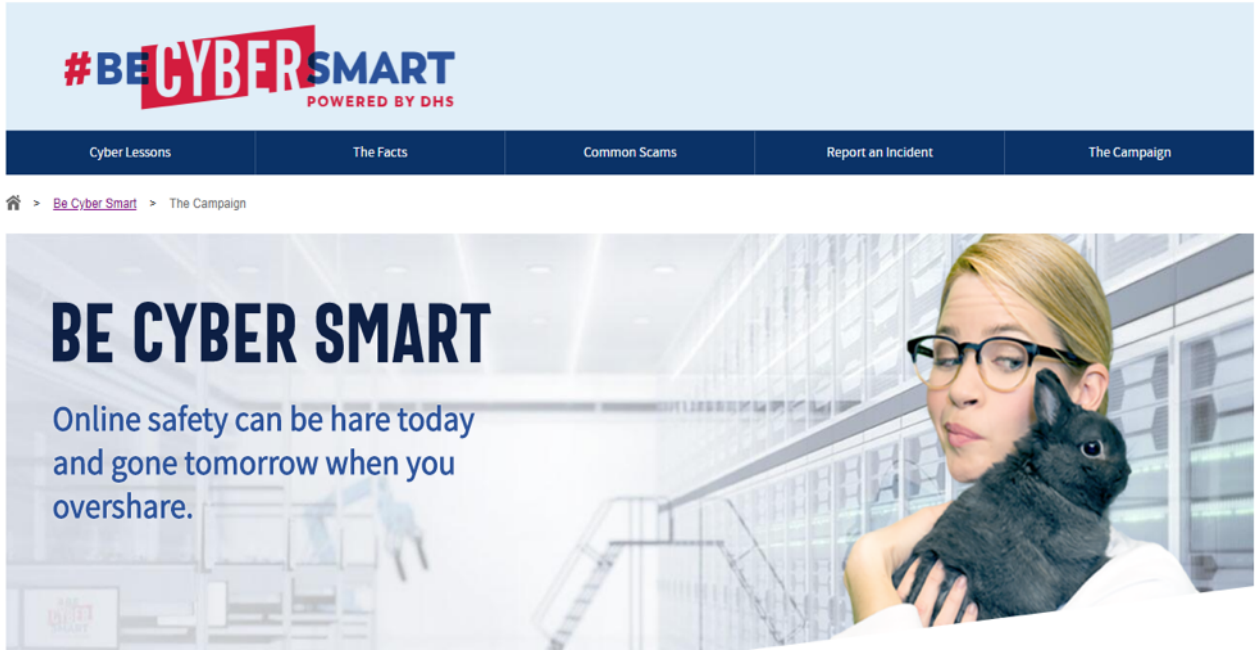

Access tip sheets, videos, infographics and more at
https://staysafeonline.org/resources/

*Do Your Part. #BeCyberSmart*

# CISA Resources

## STOP. THINK. CONNECT.™
https://www.cisa.gov/stopthinkconnect

## #BeCyberSmart Campaign
https://www.dhs.gov/be-cyber-smart/campaign




## CISA's Cyber Essentials
https://www.cisa.gov/cyber-essentials

## Telework Guidance & Resources
https://www.cisa.gov/telework

# Keep In Touch

Twitter:
@SFSU_ITS

LinkedIn:
Information Technology Services

Email:
service@sfsu.edu