

<http://www.cybersecdaily.com> Password Tips:

Use strong passwords or passcodes and store your passwords in a secure place (or memorize them like you can with a passcode) and change them regularly (e.g. every three months).

Strong passwords are ones that are not easily guessed or cracked.

Strong passwords should NOT include:

- Words found in the dictionary, even if they are slightly altered, for example by replacing a letter with a number. Personal information such as birth date, aliases for yourself, or family names, or pet names, social security number, or anything else that could easily be learned by others. Remember: If a piece of information is on a social networking site, it should never be used in a password.

Strong passwords should:

- Be at least eight characters in length. Include a combination of upper case and lower case letters, one number and at least one special character, such as a punctuation mark.

Storing your passwords in a secure place is extremely important and fortunately there are services that provide a secure way to store all of your passwords. An alternative for storing your passwords is to use Microsoft Excel with the file password protected (this will encrypt the file). NOTE: Make sure you are using a current version of MS Excel as the older versions had encryption that was easy to break.

Even though you are using a service/secured file to store your passwords, it is wise to store them with certain characters modified in a way that you can consistently apply the change when using the password (e.g. always appending three numerals at the end of each password where you must add two to each numeral when using the password). This will result in a form of double encryption where your password should be stored encrypted, but if a cracker is able to break the encryption, they would still not have the actual password.