

A person in a red shirt is shown in profile, looking thoughtful with their hand to their chin. The background is a dark red with a white network diagram overlay consisting of nodes and lines, with various numerical values like 1.1983457, 0.0981243, and 1.3478661 scattered around.

Use Strong Passwords and Passphrases to Lock Down your Login!

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Your passwords are the key to a host of information about you, and potentially those close to you. If someone can access your personal information, it can have serious long-term effects—and not just online! Follow these recommendations from the World Password Day website to protect your identity while making the Internet more secure for everyone:

Lock down your Login.

- ▶ Use a passphrase instead of a password. Passphrases are usually 16 characters or more and include a combination of words or short sentence that is easy to remember (e.g., MaryHadALittleLamb!)
- ▶ Use a fingerprint or biometric requirement to sign in when available. This provides an extra layer of protection for devices and apps.
- ▶ Request single-use authentication codes that can be sent to your phone or delivered by an app.
- ▶ Take advantage of whatever multifactor authentication methods are available for your service. Learn more about adding MFA to any account.
- ▶ Use a password manager or password vault software to help keep track of all your passwords and avoid password reuse.