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# System Security & IT Best Practices

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# BRIEF INTRODUCTION



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# TODAY'S AGENDA

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Changing  
Landscape

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Passwords &  
MFA

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Phishing

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Online  
Security

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Backups &  
Updates

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Q&A  
Session

# Changing Landscape

## To the Cloud?

- What is the cloud?
- Migration of systems/data to cloud hosting comes with many benefits...
- But there are new risks that should be accounted for as well



# Changing Landscape

## Phishing, Malware, Ransomware, Oh My!

- Cybersecurity threats continue to rise
  - Newsworthy data breaches every month
  - Websites, Credit Card Terminals, etc.
- Biggest risk still remains...the human element
  - 95% of breaches are caused by human error
  - Email phishing attacks often an initial vector



# Changing Landscape

## Work from...Anywhere?

- Working outside typical office buildings
  - Can offer benefits to both employer and employees...
  - New risks that need to be considered
- How do you better prepare and protect yourself?
  - VPN (Virtual Private Network)
  - Anti-Virus/Anti-Malware
  - On Device Spam/Content Filtering

# Cybersecurity Hygiene

## Forming Good Cybersecurity Habits

- Knowledge is key!
  - Education is the #1 thing you can do to protect yourself
  - Stay up-to-date with security awareness training
- Everyone has different skills levels with technology
  - Don't be afraid to ask for help

# Cybersecurity Hygiene

## "Best Practices" Pillars

- Employ good password practices
  - Use multi-factor authentication whenever possible
- Know the signs of Phishing
- Stay secure online
- Ensure critical data is backed up
- Update, update, update



# Passwords

- Most common digital security mechanism
  - Often the first line of defense for your accounts
  - Should be hard to guess...don't use names/birthdays!
- Password Rules:
  - Shorter password = easier to remember...but also
  - Shorter password = easier to guess
  - More complex isn't necessarily better...to a point



Why great care and consideration should be taken when selecting the proper password

# Passwords

- 1234
  - Length: 4 / Complexity: 0-9 allowed
  - $10^4 = 1,000$
- 123456
  - Length: 6 / Complexity: 0-9 allowed
  - $10^6 = 100,000$
- 1a2B3c
  - Length: 6 / Complexity: 0-9, a-z, A-Z allowed
  - $62^6 = 56,800,235,584$
- EdV!7>tS4w\$:m
  - Length: 12 / Complexity: Alpha + Special Characters
  - $72^{12} = 19,408,409,961,765,342,806,016$
  - Very strong...but very difficult to remember...
- startyourenginesplease
  - Length: 22 / Complexity: a-z allowed
  - $26^{22} = 13,471,428,653,161,560,586,981,973,426,176$
  - Even strong...much easier to remember

# Passwords

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- Password Rules:
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  - More complex isn't necessarily better...to a point
- Password re-use...be unique!
- Password managers to the rescue
- Expirations...to change or not to change



Why great care and consideration should be taken when selecting the proper password

# MFA - Beyond Passwords

- A password is “something you know”
  - What if someone discovers/guesses your password?
  - How would someone on the other end know it isn't you?
  - Security questions/images?
- Multi-Factor Authentication (MFA)
  - “Something you have” – One-Time Passcode / Security Keys
  - “Something you are” – Biometrics
  - Easiest additional measure you can take to protect yourself
- MFA already at work
  - You're probably already using MFA without realizing it

# Phishing

- Think before you click
  - Who sent this email/file?
  - Is what they're asking for unexpected?
- Know the signs
  - I don't recognize that link...
  - There sure are a lot of spelling mistakes...



# Phishing

**From:** Bank of America <crvdqi@comcast.net>  
**Subject:** Notification Irregular Activity  
**Date:** September 23, 2014 3:44:42 PM PDT  
**To:** Undisclosed recipients: ;  
**Reply-To:** crvdqi@comcast.net

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**Bank of America** 

**Online Banking Alert**  
Would be capitalized

**Dear member:**

We detected unusual activity on your Bank of America debit card on **09/22/2014**.  
For your protection, please verify this activity so you can continue making debit card transactions without interruption.

**Please sign in to** your account at <https://www.bankofamerica.com> to review and verify your account activity, After verifying your debit card transactions we will take the necessary steps to protect your account from fraud. <http://bit.do/ghsdfhgds>

If you do not contact us, certain limitations may be placed on your debit card.

Grammatical Error

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# Online Security

## Anatomy of a Web Address (URL)

<https://www.edmundsgovtech.com/edge/>

- **Protocol**
  - How am I connecting? (http versus https)
- **Domain Name**
  - Where am I connecting?
- **Resource**
  - What am I requesting?

# Online Security

## HTTP and HTTPS Protocol

- The S stands for "Secure"
- Ensures a secure connection between the requester (you) and the website
  - Protects from eavesdropping (man-in-the-middle)
- Who are you "securely" communicating with...
  - Domain names are important!



# Online Security

One of these things is not like the other...

- <https://www.edmondsgovtech.com>
- <https://www.edmundsgovtech.com>
- <https://www.edrnundsgovtech.com>

# Online Security

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# Online Security

## Virtual Private Networks (VPNs)

- Similar principle to HTTPS...
- But encrypts all traffic from your device
  - Not just web browsing
  - Indirectly protects HTTP (non-secure) web pages
- Helps Anonymize your traffic
  - Harder for ISPs and websites to analyze patterns and form profiles on users



# Backups

## Why Backups are Crucial

- Sources of data loss
  - Hardware failures
  - Natural disasters
  - Human error
  - Malware/Ransomware
- Solutions
  - Cloud solutions (iCloud, Google Drive, OneDrive, BackBlaze)
  - Local backups
  - Offsite backups



# Staying Current

## Software Updates & Patches

- Why Update?
  - Enhancements
  - Bug Fixes
  - Security Patches
- New exploits are uncovered every day
  - Patches and security updates needed to remain safe



# Q&A

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