

Welcome

to

Securing Personal Information

Hosted by:



Content by:



Presenter: Ray Cool, CEO
PBSI Technology Solutions
Webinar will begin at 1:00

Welcome

to

Cybersecurity Education Series

Hosted by Foster & Motley

Content provided by PBSI Technology Solutions

Series Goals

- Educate listeners on how to protect electronic valuables
- Improve knowledge about electronic security
- Provide practical information about what to change and how to do so

Topic Summaries

- | | |
|---|---------------|
| • Securing Personal Information - Overview | today's topic |
| • Email Security Practices | 2 of 4 |
| • Password Management – Practical Strategies | 3 of 4 |
| • File Encryption, Cloud Security & Public Wi-Fi | 4 of 4 |

Agenda

Securing Personal Information

Fundamentals of securing important electronic information

- **Cybersecurity Overview**
 - Establish protection from the “open” internet
 - Secure your PCs, laptops, Macs, phones and other wireless devices
 - File encryption and backup
 - Email security & principles of secure behavior
 - Know if your protection is working – Vulnerability scans & online security monitoring

PBSI Technology Solutions
"IT Security Specialists"

Who is PBSI?

- Technology Services provider for hundreds of clients in the tri-state including Foster & Motley
- Experienced – 75% of staff have 10+ years experience w/PBSI
- Proactive IT security monitoring for businesses & professionals

Why do we need protection?

The Internet Today is a Dangerous Place

- Increasingly, PCs & Macs are being infected with malware that steals passwords and copies data
- New key logging & phishing attacks change constantly – Bad guys are motivated and *relentless*
- Victims are NOT notified (SolarWinds attack) – Keystroke-logging malware may be active on millions of PCs

Email Addresses and Passwords Are For Sale

- 6.2 Billion emails are available for sale on the Darkweb
- 1.2 Billion of them include exposed, cracked passwords
- Cisco, Microsoft, LinkedIn, Yahoo, Gmail, MySpace, DocuSign, Adobe, Dropbox, Tumblr and MANY others
- SolarWinds Orion hack compromises 250+ large orgs - Microsoft, Cisco, US Gov, DOD, DOJ...
- List of biggest breaches can be found at: <https://haveibeenpwned.com/>

Security Fundamentals

Protect yourself from the “open” internet

| | |
|---------------------------------|---|
| Wireless | Use a long password - Free hacker tools can decrypt almost any password given proximity and sufficient time Proximity includes nearby cars & houses. Best defense for wireless - use LONG pw (12+) |
| Internet of Things (IOT) | Internet connected devices – Change default passwords; and update your firmware (go to mfg site, model, updates) |
| Close Open Ports on PCs | Open ports are a big vulnerability - can be used to hijack a PC. PBI can run a port scan on home PC or Mac. |
| Firewall | (Optional for homes) Firewall w/ proper settings (set to “run silent”; intrusion prevention software & settings) |

Secure all PCs, Macs & Laptops

| | |
|-------------------------------|--|
| Antivirus | This is the last line of defense and MUST be in place on ALL PCs, laptops & Macs Do not use free antivirus. All antivirus vendors have non-free versions. What is different? (your data is for sale) |
| Patch Management | Set all PCs to auto-update all antivirus, Windows, apps & browsers – as real-time as possible Once security patches are released, hackers begin probing for old versions immediately If prompted “Do you want to update?” or “Do you want to reboot?” – answer is always YES |
| Vulnerability Scanning | Most antivirus can run a scan. Have you ever seen a scan result? Who is receiving alerts and acting on alerts? |
| Software Downloads | Be very cautious about downloads. Download from vendor site. Be very careful of ‘search “download <product>”’ Highest risks: Screen savers; weather apps; coupon sites; free movies online; music & lyric sites; FaceBook; |

Secure your Phones & Tablets

| | |
|--------------------------------------|--|
| Passwords | Do NOT store saved passwords on browsers if credit card info is stored. Use a password manager |
| Phones & Tablet Passcodes | Use a Passcode on phones & tablets. Enable face recognition for safe convenience |

File Encryption & Backup

Encrypt Important Files “At Rest”

- MS Office - Most files can be encrypted – simply by adding a password
- Password protection = encryption

Encrypt Files or Content Sent Via Email – 3 Choices

- Encrypt the email – Requires purchase of an email encryption tool (option: Virtru for gmail is free)
- Encrypt the attachment(s) - and provide the password to the recipient – using different medium (text or voice)
- Use a secured file sharing site– like Foster & Motley’s **ShareFile**

Backup Your Documents

- Disasters happen – hardware failures, ransomware attacks, theft, unintended deletions, operating system updates
- Backup principle – Multiple copies, multiple locations (local and cloud backup), automated

Recommendations for Backup

- Automate your backup – This is important – Most backup “disasters” occur due to human timing failure
- Choose a backup product that creates **local encrypted** backup (ransomware protection), and also **cloud** backup (redundant, multi-location)

Bottom Line...

Protection is simply very inexpensive insurance!

Email Safety & Principles of Secure Behavior

Email Security

- Email safety principle # 1 – **Unsolicited vs. Solicited** – Be **VERY** cautious with all unsolicited email, even if you know the sender
- Email safety principle # 2 – **Antenna UP** – Does anything seem amiss about *this* email? **STOP!**
- Email safety principle # 3 – **Don't get your news from email** - Beware of current events/product releases received via email.
- Email safety principle # 4 – **Careful with Unsubscribe** - Scammers use to confirm email. Instead, choose “Junk”, then “Block Sender”
- Email safety principle # 5 – **Learn how to evaluate a URL/Domain** (web address) for safety

Software Downloads

- No software downloads without CAREFUL consideration
- Most downloaded security risks: Screen savers; weather apps; coupon sites; movie, music and lyric downloads

Web Links – Be VERY Careful

- Do NOT click on links without running through “caution” steps (right-click, copy link address, paste into browser, NO enter key)
- Learn how to evaluate true URL Domain - Starts after first period, ends before first single slash (<https://www.example.com/subpath...>)

General Security Principles

- Public Wi-Fi – Never enter login or password when using public Wi-Fi
- Password Security – Don't use “normal” passwords. Use a password manager
- If my PC is running slowly – don't just assume it is “old.” - uninstall unused apps - ask for a security review

Other Security Recommendations

Protect your Home Devices (IoT – Internet of Things)

Change default passwords! – TVs, Printers, Thermostats, Doorbells, Cameras, Appliances, Alexa...

Update firmware on all devices – Choose “Settings” and update. Or, go to manufacturer website and search “firmware”

Passwords

Don’t reuse identical passwords

Use complex and unique passwords on key financial sites (bank, 401-K, Quicken)

Hang Up on Cold-Calling Tech Support Agents

Called “Vishing” - Microsoft will not call you to see if your computer is running slowly

Beware public Wi-Fi

No passwords on Public Wi-Fi - If logging in w/ password , use a password manager, VPN tool, or use trusted app (Bank app)

Avoid Unfamiliar Sites for free downloads

Free music and free movies are not usually “free”

Demonstration

Online Security Monitoring

Vulnerability Scanning & Patch Management Monitoring
SentinelOne Ransomware Protection
Data Breach Risk Scanning
Online Backup Monitoring

Motley, Inc.
SA
nd Plant Farm
trial Supply Inc.
Dental Group
Services
Maintenance Suppl
For Reproductive I
s of Wyoming
rt, D.C.
d Retail Mds
Manufacturing Con
Williams
Pain Institute
mpkinson, LLC
nive
Builders Group
Enhancements
npany
se Youth & Family
Concierge Medic
Healing Centers
s Company
Pediatric Assoc
am Waterjet
Chiropractic & Well
Family Practice, PS
ult Primary Care (Equipment
m Nephrology Inc.
ility Providers, LLC
neering, Inc
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Workstation - Task Control Remote Background +

| Client | Site | Workstation | Operating System | Description | Username | | | | | | | |
|--------|------|-----------------|---------------------|-----------------|------------------|--|--|--|--|--|--|--|
| PBSI | Main | PBSI-DANIELLE | Windows 10 Pro, ... | SYSTEM | POSBUS\danielleb | | | | | | | |
| PBSI | Main | PBSI-DHECKER | Windows 10 Pro, ... | SYSTEM | POSBUS\dennis | | | | | | | |
| PBSI | Main | PBSI-DFLAP | Windows 10 Pro, ... | SYSTEM | POSBUS\Donna | | | | | | | |
| PBSI | Main | PBSI-DGILLSTRAP | Windows 10 Pro, ... | SYSTEM | POSBUS\Darrin | | | | | | | |
| PBSI | Main | PBSI-DSGSURFACE | Windows 10 Pro, ... | Darrin Surface | POSBUS\Darrin | | | | | | | |
| PBSI | Main | PBSI-FANNIN | Windows 10 Pro, ... | Donna's Desktop | POSBUS\donna | | | | | | | |
| PBSI | Main | PBSI-GCATES | Windows 10 Pro, ... | ginger | POSBUS\GINGER | | | | | | | |
| PBSI | Main | PBSI-GGOVER | Windows 10 Pro, ... | Garrett | POSBUS\Garrett | | | | | | | |
| PBSI | Main | PBSI-GILLSTRAP | Windows 10 Pro, ... | Darrin PC | POSBUS\darrin | | | | | | | |
| PBSI | Main | PBSI-GOVER | Windows 10 Pro, ... | SYSTEM | POSBUS\Garrett | | | | | | | |

<< < Page 1 of 2 > >>

Summary Outages Checks Notes Tasks Assets Patches Antivirus Backup Web

+ Add Check - Check - Active Issues

| | | | | | | Description | More Information | Date/Time |
|-------------------------------------|--------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------|---|--|-------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Backup Check - Backup & Recovery | NetworkSharesBackupPlugin: Successful... | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Critical Events Check - Application log, 10 most frequent | 5 event(s) found | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Critical Events Check - Security log, 10 most frequent | 3 event(s) found | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Critical Events Check - System log, 10 most frequent | 4 event(s) found | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Drive Space Change Check - drive C: | Total: 237.05 GB, Free: 117.15 GB, Change: 0.70% | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Failed Login Check | No Failed Logins | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Patch Status Scan | 1 Missing | 09-Feb-2021 05:02 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Physical Disk Health Check | Disk(s) reporting OK | 09-Feb-2021 05:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Disk Space Check - drive C: | Total: 237.05 GB, Free: 120.75 GB | 09-Feb-2021 10:09 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Event Log Check - Disk Event | Event not found | 09-Feb-2021 10:09 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Managed Antivirus Check (Bitdefender) | 1 threat(s) found, 14 trace(s) in quarantine | 09-Feb-2021 10:00 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | Managed Antivirus Update Check (Bitdefender) | 57614 | 09-Feb-2021 10:00 |

Summary - Essentials of Securing Personal Information

Establish protection from the “open” internet

- Use secure passwords to protect your Wi-Fi & IoT (Internet of Things) devices – and keep firmware updated

Secure your Desktops, Laptops & Files

- Antivirus & Malware protection – Use non-free antivirus, auto updated without manual intervention, daily vulnerability scanning w/alerts
- Patch Management - Security issues frequently related to un-updated software patches
- Automate Your Backup – multi-location, locally encrypted, redundant

Email Security

- 5 principles of secure email evaluation
- Turn on Multifactor Authentication

Password Management

- Don't use common passwords on multiple sites
- Use a password manager or another secure option

Beware public Wi-Fi

- No passwords on Public Wi-Fi - If logging in with password , use a password manager or VPN tool, or use cellular

Know if your PCs & Macs are secure

- Consider online security monitoring – know if you have sleeping vulnerabilities

Training - Encourage every family member to learn secure behavior

- Learn the essentials of safety – especially passwords, email and web browsing

Webinar Summary

Thank you for your attendance
Thank you to our friends at Foster & Motley

Included Handouts

“IT Security Education – Do’s & Don’ts of IT Security” and “How to evaluate dangerous emails”

How can PBSI help you? - Concierge IT Security Services

Pricing below has been discounted by 25% for Foster & Motley clients

Cost for F&M Client

| | |
|---|------------------------------|
| Security Risk Assessment and personal security review & training – one-on-one, scheduled during daytime | \$ 325 one time |
| Data Breach Risk Scan (finds unencrypted PHI/PII) & Open port scan (up to 3 PCs/Macs) | \$ 150 one time |
| Online Security Monitoring, Antivirus, Patch Mgnt, Vulnerability Scans (up to 3 PCs/Macs) incl. Risk & Port Scans | \$ 225 / yr up to 3 PCs/Macs |
| Online Security Monitoring, Antivirus, Patch Mgnt, Vulnerability S. (up to 3 PCs/Macs) w/S1 Ransomware Protect | \$ 325 / yr up to 3 PCs/Macs |
| Online Backup with redundant local encrypted backup (per PC or Mac) | \$ 115 / yr per PC/Mac |
| Concierge Security Services – Your own personal security advisor included at no cost with any of above services | included with any of above |

Webinar Follow-up

- Call or email questions, or request free quotation (800) 626-2306 itservices@pbsinet.com
- Speaker contact Ray Cool, CEO (513) 924-3915 rayc@pbsinet.com

Webinar Summary

- **Securing Personal Information**

- Email Security Practices
- Password Management
- File Encryption, Cloud Security & Public Wi-Fi

today's topic

Thursday, Feb 11, 1:00
Tuesday, Feb 16, 1:00
Thursday, Feb 18, 1:00