Windows Update is enabled.
Antivirus software is installed and running.
Windows Firewall is turned on.
The software on my computer is up to date.
Passwords are not shared or written down.
Strong passwords are always used.
A password is required to access my compute
Unused programs are removed.
My home/work wireless networks are secured.
My important data is regularly backed up.
I use caution when I browse the Internet.
I log off the computer when I'm not using
My web browser does not store or remember my passwords.