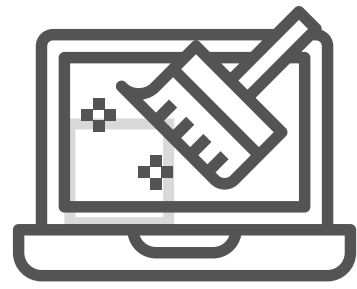# What is Cyber Hygiene?

Cyber hygiene refers to the habits and best practices that we can all adopt to protect our devices and information online.

Lock down your passwords.

Don't wait to update.

If something seems phishy, don't take the bait.

go.rutgers.edu/cybersecurity

Check out our cybersecurity toolkit and social channels for resources!

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