Essential digital safety

• Use a unique password for each important account and a trusted password manager if suitable.

• Turn on multi-factor authentication where offered.

• Keep recovery methods current and private.

• Install updates through official channels.

• Verify unexpected requests through a separate contact method.

• Never give remote access to an unsolicited caller.

• Keep a separate backup of important information.

General guidance. Stop and ask for help if a step is unclear.

Prepared November 24, 2026. Source and further reading: https://www.getcybersafe.gc.ca/en/

Questions? Describe your goal at onlinetechnicalhelp.com. Scope and price are agreed before paid work.