

Personal Security Checklist

Work through these steps at your own pace. Mark each box when you have checked it. Never write a password or recovery code on this sheet.

Protect accounts

- ☐ **Secure your main email account.**
Use a unique password and turn on multifactor authentication (MFA).
- ☐ **Turn on MFA for banking, shopping, and social accounts.**
Choose an authenticator app or security key when offered; save recovery codes somewhere private.
- ☐ **Replace reused passwords.**
A password manager can create and remember a different long password for each account.
- ☐ **Review recovery options and signed-in devices.**
Remove old phone numbers, unknown devices, and apps you no longer trust.

Protect devices and messages

- ☐ **Enable automatic updates.**
Check phones, computers, browsers, apps, and your home router.
- ☐ **Use a device lock and enable encryption or its built-in equivalent.**
Also back up important photos and files; check that you can restore them.
- ☐ **Verify urgent requests through another channel.**
Open the app yourself or call a number you already trust, especially for payments or login codes.
- ☐ **Review what apps can access.**
Remove unnecessary permissions for location, camera, contacts, and connected accounts.

Practice recovery

- ☐ **Write down where to get help.**
Keep your bank contact number and account recovery methods in a safe place.
- ☐ **Pick one account to review each month.**
Small repeatable checks are easier to keep doing.

Sources and further guidance

[CISA Secure Our World](https://www.cisa.gov/secure-our-world) | <https://www.cisa.gov/secure-our-world>