IT security - home and away
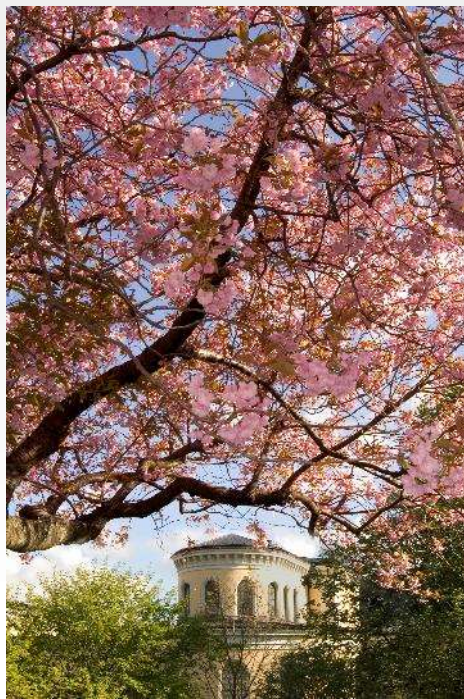
Mobility seminar
March 6th 2019
Sidsel Storebø

What you do at home is most important

Safety tips – devices and behaviour

Keep your device (laptop/ipad/mobile) and software up to date

Back-up your data
Use OneDrive

Don't use your PC in administrator mode (only when necessary)

Beware of fraud and phishing in e-mail

Update and use anti-virus protection

Use secure log-in and good passwords

Don't use wi-fi without protection – use VPN

Protect your personal identifiable information

Think twice when you are using social media

Let the IT-division install and manage your laptop

Source:

DO NOT open any email attachments that end with: .exe, .scr, .bat, .com, or other executable files you do not recognize.

DO NOT ever click embedded links in messages without hovering your mouse over them first to check the URL.

DO NOT "unsubscribe" - it is easier to delete the e-mail than to deal with the security risks.

DO NOT respond or reply to spam in any way. Use the delete button.

KnowBe4
Human error. Conquered

Email Security Best Practices

ALWAYS check the email 'From' field to validate the sender. This 'From' address may be spoofed.

ALWAYS report all suspicious emails to your Information Technology help desk.

ALWAYS check for so-called 'double-extended' scam attachments. A text file named 'safe.txt' is safe, but a file called 'safe.txt.exe' is not.

ALWAYS note that www.microsoft.com and www.support.microsoft.software.com are two different domains. (and only the first is real)

NASJONAL SIKKERHETSMYNDIGHET

UNIVERSITAS BERGENSIS

Encrypted laptop

- All new Windows 10 PCs have bitlocker installed
- Can be installed on older Windows 10 – contact BRITA
- You will not notice that bitlocker is installed
- Icon on C:disk
- New Macs will be delivered with encrypted disk Filevault
- Contact BRITA if you have an older Mac

VPN – (install and) try before you leave UiB

- VPN is integrated in Windows 10 and new Mac OS
- Different ways to connect to VPN
- Depends on the client you use (PC, Mac)
- You can also use skrivebord.uib.no (desktop.uib.no)
  - General guidelines and specific for Mac

Before you leave

- Check guidelines from IT division and public authorities (links)
- Do a quick risk assessment of your informations with respect to:
  - Confidentiality
  - Integrity
  - Accessibility
- Be sure your laptop and mobile are updated (latest versions and patches)
- Private laptop – check firewall and virus protection
- Install and use OneDrive
- Ensure you have Bitlocker/Filevault
- Be sure you know how to use VPN
- Change your password – (if you get trouble doing so, the help is near)
- Privacy screen protection?

Mobile phones and tablets

- Beware of thefth
- Activate screenlock
- Can use VPN on mobile devices
- Turn off wifi and bluetooth
- If you loose your mobile phone
  – Erase content – if set up for Exchange
  – Find my iPhone
  – Similar service for Android
- https://it.uib.no/Sett_passord_i_stedet_for_bare_firesiftet_kode_p%C3%A5_iPad

Who is looking?

- Be careful in public places
- Screenlock (Windows Key + L,), Mac apple menu
- Privacy protection screen


(Illustration: Colourbox)

Abroad

- Don't leave your laptop with sensitive or valuable information in your hotelroom
- Turn off bluetooth and wifi
- Use VPN and secure networks
- Back up your data regularly or use OneDrive
- If you travel to certain areas (countries) special guidelines come into effect

If problems occurs

- TeamViewer/TeamWiever Quick Support (Mac)– allows BRITA to assist you
- Chat with BRITA
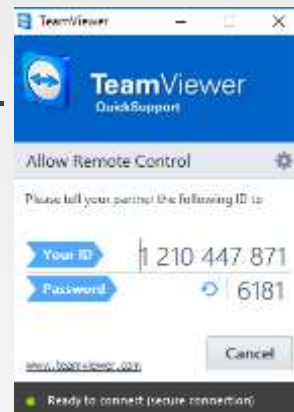
- Insurance issues

On return – no specific policy, yet

- Change password used abroad. Do this on another computer than the one you used while travelling.

- Devices used in special risk areas:
  - Do not connect to network on return!
  - Return to BRITA for reinstallation

More information

- https://www.nsm.stat.no/aktuelt/reiserad-fra-nsm/
- https://www.sikresiden.no/en/preventive/avoidbeinghacked
- https://www.sikresiden.no/en/preventive/securingequipmentandpremises
- https://www.sikresiden.no/en/preventive/securinginformation
- https://it.uib.no/P%C3%A5_reise_med_UiB-PC
- https://nettvett.no/ti-tips-sikrere-pc-bruk/
- https://nettvett.no/ikt-utenfor-kontoret/
- https://go.nanolearning.com/LessonViewer/?da=494835&key=lhlYsBqIwWcYhp61&mode=1&du=4064212
- https://go.nanolearning.com/LessonViewer/?da=494834&key=vdGeqBKVLsQr2CSC&mode=1&du=4064218
- https://norsis.no/nsm/hvordan-avslore-en-falsk-nettside/