

Cadence Cyber

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Newsletter #1: Passwords

If you run a small business, you know more than anyone that your business is your life, and how hard you've worked to get it to where it is today. The late nights working, finding investors, searching for customers—it's all part of the journey of owning a small business. You've also probably heard the horror stories: data leaks, security breaches, and cyber-attacks. Unfortunately, those don't just happen to large corporations; they could happen to any business, big or small. That being said, there are several practices that can help to protect your business, which can be easily implemented to keep your and your client's data safe.

Today's topic: Using strong passwords and changing them often.

We've all been there before: deciding to reuse a password or making one simple enough to remember off the top of your head. Although that's relatively harmless if it's just your Netflix password, the ones you make for your business are incredibly important when it comes to keeping your data safe. After all, they are the first barrier of entry to any business records, email accounts, or financial information you have. Here are a few recommendations to consider when creating a password:

- Create a password that is 12 characters or longer.
- Use a variety of uppercase and lowercase letters, numbers, and symbols.
- Avoid the use of common words and words pertaining to personal information, such as your name.
- Never reuse a password.
- Change your passwords every 60-90 days.
- Consider using 2-step verification for your accounts.



For more information on how to protect your data, visit
<https://cadence-cyber.com/>