

# *All Covered Cybersecurity Insight*



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**Take-Home  
RESOURCES**

# You/Family

- Freeze Credit
- MFA on Everything
- Strong PW Management
- Reject Cookies
- Remove Data Broker Access
- Learn To Spot Phish
- No Public WIFI
- No Public Charging
- *See Something Say Something*

## BEST PRACTICES

*See Something  
Say Something*



# Organization

1. Network 24/7 Eyes-on-Glass  
Real-time Detection/Response
2. Endpoint Detection/Response
3. Vulnerability Mgmt.
4. Social Engineering Training
5. WISP/IR Plan/Tabletops

## Policies:

Vendor Management, AI, Compliance  
WISP

# Top Ways To Protect Yourself and Your Family From Financial Harm

[Freeze Your Credit & Children's Credit](#)

[Credit Freeze Guide](#) <https://inteltechniques.com/freeze.html>.

**Equifax** (<https://www.equifax.com/personal/credit-report-services/> 1-800-349-9960)

**TransUnion** (1-888-909-8872<https://www.transunion.com/credit-help/>) and

**Experian** (1-888-397-3742 <https://www.experian.com/help/>)

[Credit Freeze Guide](#)

[Data Removal Guide](#)

[Credential Exposure Removal Guide](#)

[Archive Site Removal Guide](#)

Been Part of Breach? <https://HavelBeenPwned.com>

How to protect yourself when booking Travel online <https://www.getsafeonline.org/personal/articles/holiday-and-travel-booking/>

Test Your Password <https://security.org/how-secure-is-my-password/>

Remove PII Data Broker. <https://isapps.acxiom.com/optout/optout.aspx>

Verify Before You Buy <https://www.scamadviser.com/>

Check websites to see if SCAM. <https://www.getsafeonline.org/checkawebsite/>

Shop Privately/Virtual Cards. <https://privacy.com>

Health Records Accuracy. <https://www.hhs.gov/hipaa/for-individuals/medical-records/index.html>

Was a Company Been Breached? <https://breachdirectory.org/>

Is this a Phish? Check if link is phishing: <https://check.getsafeonline.org/>

# Protecting Children Online

[Concerned about Children and Sextortion?](#)

[Remove explicit online photos](#)

[How to report Sextortion](#)

How to protect during ONLINE GAMING. <https://www.getsafeonline.org/personal/articles/online-gaming/>

How to protect yourself when booking Travel online <https://www.getsafeonline.org/personal/articles/holiday-and-travel-booking/>

Protection Guide for Online Dating. <https://www.getsafeonline.org/personal/articles/online-dating/>

Need to Notify the FBI or FTC?

FBI IC3 <https://www.ic3.gov/Home/ComplaintChoice/default.aspx/>

FTC <https://ftc.gov/>



# Operation Privacy

Step By Step Guides to Protect Your Individual Privacy and Remove Data

<https://www.operationprivacy.com/>

- 📁 Data Brokers Opt-Out List
- ☁️ Data Retrieval
- 🛡️ Credit Freezes
- 🎭 OpSec Tips
- 💻 Device Privacy
- 💬 Private Forum Access
- 📞 VoIP Suite

## Operation Privacy

A DIY dashboard: Because it's personal

Prevent stalking, doxing, swatting, and take control of your online identity

[Get Started](#)

### Privacy Dashboard

- Self-Managed
- 400+ tasks
- Privacy Score
- Crowd Sourced
- Track Progress
- Continuous Updates
- Private And Secure
- Proactive Monitoring
- Used By Pros



# Useful Guides for Company

## CISA/FBI RANSOMWARE GUIDE

<https://www.cisa.gov/stopransomware/ransomware-guide>

## CISA/FBI New PHISHING GUIDE

<https://www.cisa.gov/news-events/news/cisa-nsa-fbi-ms-isac-publish-guide-preventing-phishing-intrusions>

## [Data Request Guide](#)

## [Firewall Guide](#)

## [VPN Guide](#)

# Need Info on People or an Organization?

Ultimate OSINT Resources. Conduct your Own OSINT  
(Open-Source Intelligence Investigation)

<https://start.me/p/DPYPMz/the-ultimate-osint-collection>

Is this a Phish? Check if link is phishing: <https://check.getsafeonline.org/>

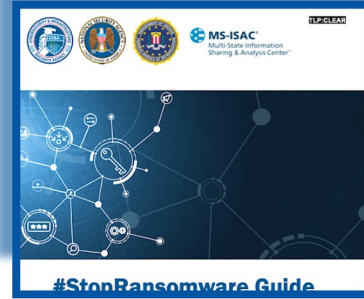
Use this tool to monitor and discover devices connected to your network

<https://community.fing.com/>

## CIS Hardware and Software Asset Tracker

Use this spreadsheet to track your hardware, software, and sensitive

information. <https://www.cisecurity.org/insights/white-papers/cis-hardware-and-software-asset-tracking-spreadsheet>



# Google Privacy Protection

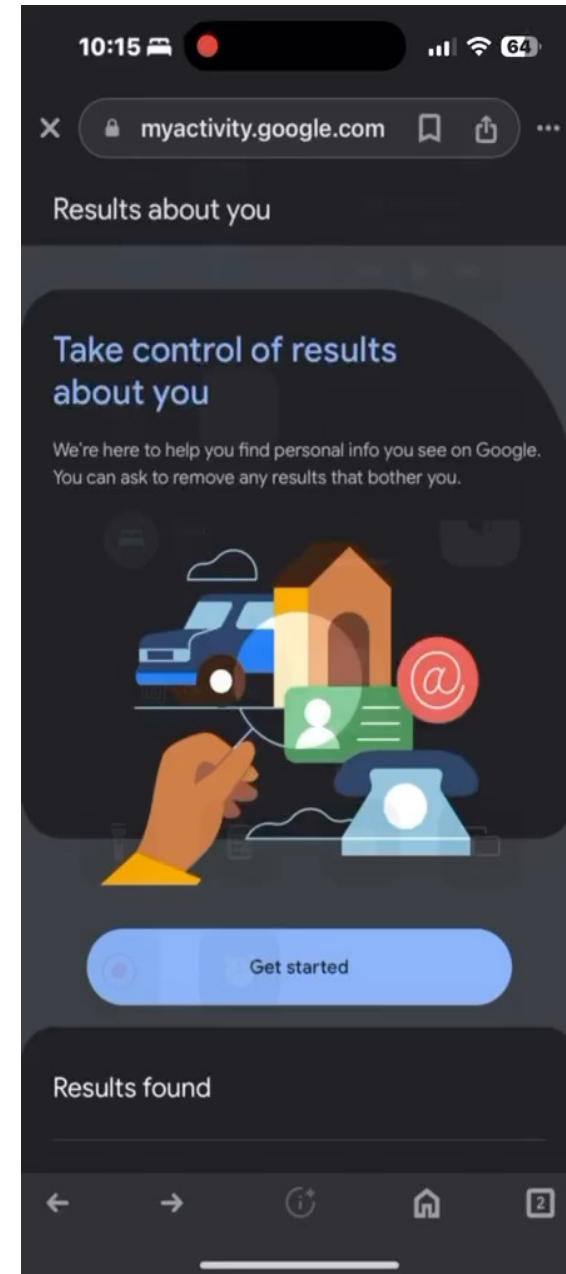


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## Hot to Remove Your Sensitive Contact Details From Google

1. How to remove your sensitive contact details from Google and reduce call and text spam\*
2. Google your name plus the words “phone number”, “email address”, or “address”.
3. Do you see your sensitive personal info on data brokerage sites?
4. Google has a tool to request a takedown of that info from Google itself (but doesn’t remove it from the other sites).
5. Steps for Google removal request:
6. - click the three vertical dots next to the Google results you want removed
7. - click "remove result"
8. - click “it shows my personal contact info”, following remaining steps
9. Sometimes Google approves the removal, sometimes they don’t.
10. The info still exists outside of Google.
11. There are tools available to remove details on the data brokerage site itself over time including DeleteMe!20 employees, 2+ servers. PEN TESTING-ALL (but what type?)





## FROM

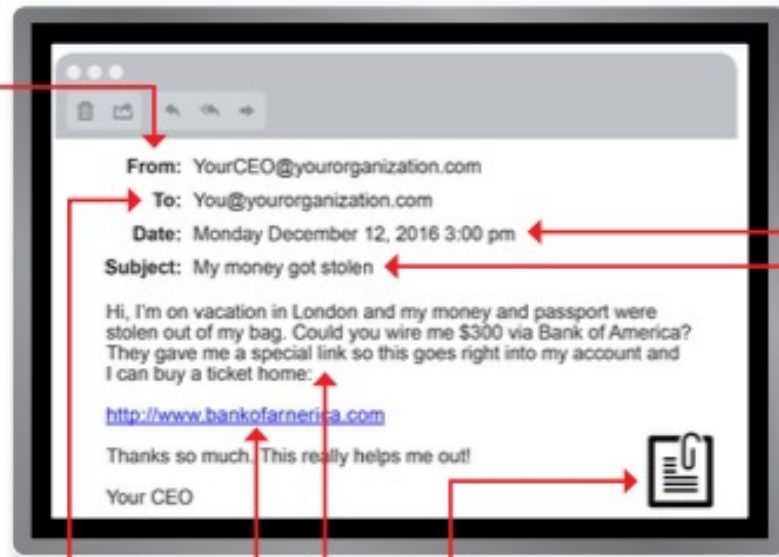
- I don't recognize the sender's email address as someone I **ordinarily communicate with**.
- This email is from **someone outside my organization and it's not related to my job responsibilities**.
- This email was sent from **someone inside the organization** or from a customer, vendor, or partner and is **very unusual or out of character**.
- Is the sender's email address from a **suspicious domain** (like micorsoft-support.com)?
- I **don't know the sender personally** and they **were not vouched for** by someone I trust.
- I **don't have a business relationship** nor any past communications with the sender.
- This is an **unexpected or unusual email** with an **embedded hyperlink or an attachment** from someone I haven't communicated with recently.

## TO

- I was cc'd on an email sent to one or more people, but I **don't personally know** the other people it was sent to.
- I received an email that was also sent to an **unusual mix of people**. For instance, it might be sent to a random group of people at my organization whose last names start with the same letter, or a whole list of unrelated addresses.

## HYPERLINKS

- I hover my mouse over a hyperlink that's displayed in the email message, but the **link-to address is for a different website**. (This is a **big red flag**.)
- I received an email that only has **long hyperlinks with no further information**, and the rest of the email is completely blank.
- I received an email with a **hyperlink that is a misspelling** of a known web site. For instance, [www.bankofarnerica.com](http://www.bankofarnerica.com) — the "m" is really two characters — "r" and "n."



## DATE

- Did I receive an email that I normally would get during regular business hours, but it was **sent at an unusual time** like 3 a.m.?

## SUBJECT

- Did I get an email with a subject line that is **irrelevant or does not match** the message content?
- Is the email message a reply to something I **never sent or requested**?

## ATTACHMENTS

- The sender included an email attachment that I **was not expecting** or that **makes no sense** in relation to the email message. (This sender doesn't ordinarily send me this type of attachment.)
- I see an attachment with a possibly **dangerous file type**. The only file type that is **always safe to click on is a .txt file**.

## CONTENT

- Is the sender asking me to click on a link or open an attachment to **avoid a negative consequence** or to **gain something of value**?
- Is the email **out of the ordinary**, or does it have **bad grammar or spelling errors**?
- Is the sender asking me to click a link or open up an attachment that **seems odd or illogical**?
- Do I have an **uncomfortable gut feeling** about the sender's request to open an attachment or click a link?
- Is the email asking me to look at a **compromising or embarrassing picture** of myself or someone I know?

## Social Engineering

## Red Flags



# Security Awareness Tool Kits-(No Cost)

- Cybersecurity Infrastructure Security Agency (CISA) <https://www.cisa.gov/cybersecurity-awareness-month>
- INFOSEC Toolkit <https://www.infosecinstitute.com/iq/cybersecurity-awareness-month/>
- SANS Institute Toolkit. <https://go.sans.org/lp-cybersecurity-awareness-month-kit>
- KnowB4 Toolkit: <https://www.knowbe4.com/cybersecurity-resource-kit-ga>
- National Children Alliance Toolkit <https://learn.nationalchildrensalliance.org/csec-resource-toolkit-sexual-images-resources>





# Company Cyber Insurance Checklist

## EMAIL SECURITY

- ☐ **Domains with Email Enabled**  
Identify and document the email domain along with verification of DNS Mail Exchange (MX) details, SPF, DKIM and DMARC configurations
- ☐ **Advanced Threat Protection**  
Identify and confirm the email filtering service, and that it is enabled and properly configured to scan attachments, validate links and prevent phishing.

## DOMAIN & WEBSITE SECURITY

- ☐ **Website Domains**  
Identify the primary corporate domain(s), subdomains and document DNS and expiration dates

## BACKUPS

- ☐ **Workstations & Servers with Backups Present**  
Identify the cloud provider and verify if recent backups have occurred, are encrypted, and have completed in the last 30 days
- ☐ **Test Backups**  
Verify if a successful restoration of backup data has been performed in the last 6 months

## NETWORK

- ☐ **Segmentation**  
Verify if the network is segregated between public and trusted networks via properly configured Access Rules and NAT policies

## AUTHENTICATION & MFA

- ☐ **Multi-factor Authentication (MFA)**  
All user email accounts should have MFA enforced
- ☐ **Privileged Users**  
Verify privileged accounts are separated

## WORKSTATIONS & SERVERS

- ☐ **Encryption at Rest**  
Verify that drives are encrypted with Bitlocker on Windows or Filevault on Macs
- ☐ **Remote Desktop Protocol Disabled**  
Verify if RDP is allowed on workstations and servers
- ☐ **Endpoint Protection, Anti-Virus, Anti-Malware**  
Identify the endpoint protection and AV provider, and whether it is properly installed, activated, and up-to-date
- ☐ **Domain, Public, Private Firewalls**  
Verify all devices have local firewalls enabled
- ☐ **Supported Software**  
Verify if any software being used has reached end-of-life

## Coverage Risks & Defenses

**Failure to Maintain** This clause enables insurance providers to limit coverage if evidence suggests the policyholder's organization is improperly maintained, and kept secure with the basic security controls identified in this document.

**Neglected Software Vulnerabilities** Threat actors will often seek to exploit software that is out-of-date or unpatched. Insurance carriers expect the policyholder to practice proper cyber hygiene and maintain the latest secure versions. They may provide a grace period, but once lapsed, will require co-insurance and progressively reduce the coverage amount if the software is exploited in an incident.

**Safe Harbor Laws** In the wake of a breach, if an organization can prove that they have a cyber program, and reasonably conform to established standard frameworks such as NIST, ISO 27001, or CIS, these laws can provide an affirmative defense to liability caused by the breach.





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# THANK YOU!

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