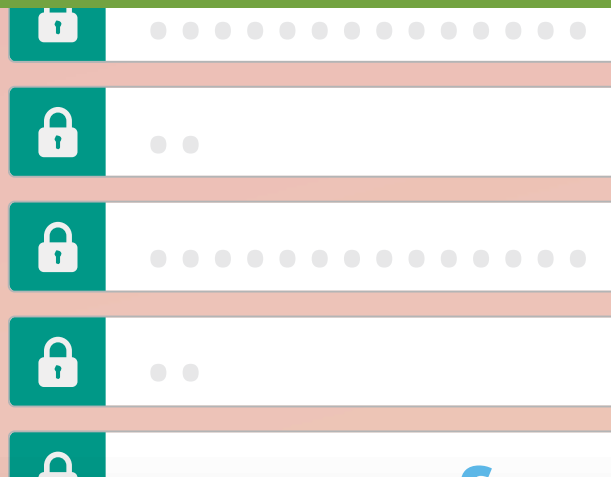


6 Tips for Secure Passwords

We all want to protect information, and that often starts with a secure password. Here are a few tips to keep each of your passwords safe:

1

Make each password long and strong. The more characters in your password, the stronger it is.



2

Use multiple words to create a passphrase, such as “don’T forgeT tO stomP” or “stopping-woods-rainy-morning”. You can add capital letters, numbers, and special characters to make it even stronger.



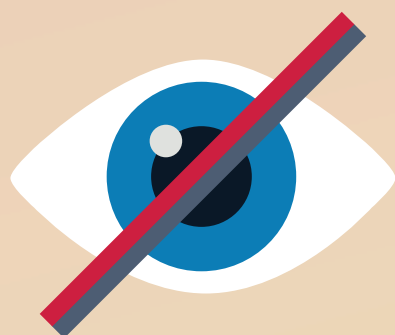
3

Create a unique password for each account. If you can’t remember them all, use a password manager. UVA provides LastPass to students, staff, and faculty.



4

Keep passwords a secret. Never share them with anyone, including a supervisor.



5

Never use public computers to log in to your online accounts.



6

Use two-step verification whenever possible. UVA provides Duo.



For more information, please contact us at infosec-training@virginia.edu.

