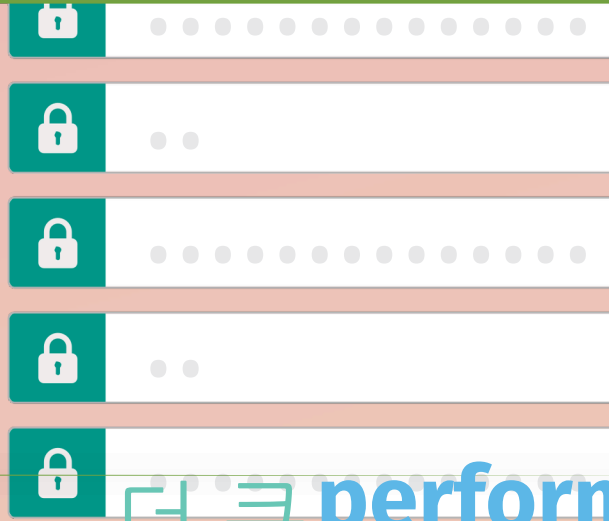


# 6 Tips for Secure Passwords

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. Avoid words commonly associated with UVA.



## 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.



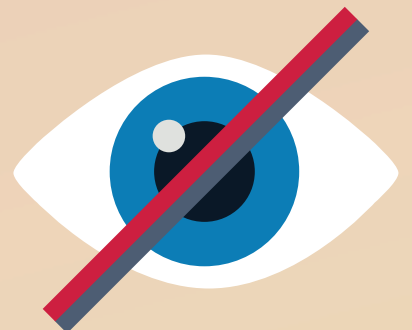
## 3

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 multi-factor authentication.



For more information, please contact us at [infosec-training@virginia.edu](mailto:infosec-training@virginia.edu).

