



In these exceptional times, it is important to be aware that cybercriminals are seizing this opportunity to multiply their attacks. That is why we must not lower our vigilance but rather double it. As the risk is present, APRIL assists you through cyber security newsletters to inform you of the best practices to implement. In this fourth edition, we will focus on passwords.

### **I have a password Mummy!01, it's quite long and complex, I'm fine.**

- Wrong! Even if you've followed the rules of complexity, including a special character, there are words in a blacklist. Avoid using common words such as cities, first names, abbreviations, ...

### **How to make a good password?**

- You will be surprised but the latest recommendations are to avoid too much complexity! Specially to avoid choosing a simple word like Mummy and adding "!01" and believing that you are safe.
- It's recommended to use phrases like "ILoveThoseSecurityFlash!01"

### **Report incidents immediately**

- If you lose your password, please contact Patrick St-Laurent
- Choose a strong password for business accesses and other sites with sensitive data.
- Never give out your password
- Use a different password for each service, especially between the professional and the private ones
- Change your password at the slightest suspicion of hacking
- Do not use your password on shared computers such as at the airport or in an Internet café.



Sage Advisor Resources Corp., Axis Capital and April have put together a comprehensive and affordable cyber program exclusive to the association membership. If you would like to learn more or obtain a quote, please contact Sage today.