



STAYING SAFE ONLINE—ADULTS

The coronavirus (COVID-19) outbreak has impacted everyone's daily lives. More people are working from home and spending time online in order to stay in touch with friends and family.



Many people are using new services, apps or devices, such as webcams and tablets,

to work or socialise at this time. You may also be using existing devices and services more often.

To Stay Safe - check your security and privacy settings:

- Adjust privacy and safety settings to increase security and control the personal data you share. Look for the 'privacy and security' or 'settings' on the app or website.
- Review the security settings on your 'smart' devices. If your device is using a default or easily guessable password, change it.
- Set up two-factor authentication. This is a free security feature to stop unwanted people getting into your accounts. You'll receive a text or code when you log in to check you are who you say you are.
- Update your devices. Using the latest version of software and apps can immediately improve your security.

Take a break

It is easy to feel overwhelmed with information at this time. 24-hour news and constant social media updates can make you more worried. It's important to take a step back and think about how this is affecting you.



If it is, try to limit the time you spend watching, reading, or listening to coverage of the outbreak. Check in at set times or a few times a day.

The impact of false information

When shared, false information can take on a life of its own and have some serious consequences.

It can lead to health scares, false accusations and potentially damaging hoax stories.

Recently there has been a lot of this kind of false information about coronavirus. It's not always easy to spot, so use the SHARE checklist to make sure that you don't feed the beast.

- * **Source** - make sure information comes from a trusted source
- * **Headline** - always read beyond the headline
- * **Analyse** - check the facts
- * **Retouched** - does the image or video look as though it has been doctored?
- * **Error** - look out for bad grammar and spelling

How can I stay safe when shopping and banking online?

Shopping online can be quick and convenient, but you need to protect your financial information.



Make sure that you're using a secure website before entering any personal details. There are ways to spot that a website is secure, including:

- The website address starts with 'https' - the 's' stands for secure
- The address bar is green, which is an additional sign that you're using a safe website
- A padlock symbol in the browser where the website address is (but don't be fooled if the padlock appears on the page itself)
- A current security certificate which is registered to the correct address. (this appears when you click on the padlock)

Scammers claiming to be from the NHS track and trace service.

Age UK charity has already put out a warning for people to be wary of such scams.

The charity's spokesman said: " There has been an increase in scam calls in relation to NHS Track and Trace where people are being asked to pay for a home testing kit.

"NHS track and Trace Service will never ask you to pay for a test, ask for bank details,

passwords or pin numbers. Never share personal details if you are not sure who you are talking to."



What should I do if I think I've been a victim of an online scam?

Scammers are constantly finding new ways to trick people and online scams are changing all the time. It's not unusual for people to get tricked, so don't suffer in silence and don't be embarrassed to report it.

If you're worried that your computer is not working properly or think that it may have a virus, then talk to a computer technician.



Use Zoom? Here Are 5 Essential Steps You Can Take To Secure It

- 1) **KEEP UP TO DATE** - make sure you keep any installed version up to date.
- 2) **USE A PASSWORD TO PROTECT YOUR MEETING** - and never share your meeting ID.
- 3) **SHARE YOUR PASSWORD SECURELY** - don't put the password on the public internet.
- 4) **USE WAITING ROOMS** - this allows the host to screen everyone entering to ensure no uninvited people get in.
- 5) **TAKE CONTROL OF YOUR PRIVACY** - Assume what happens in Zoom does not stay in Zoom.



Please contact Alison Hill, District Safeguarding Officer for more help and guidance by calling 07483 362 735 or via email at safeguarding@sheffieldmethodist.org