FOR MORE INFORMATION:

ASHLEY EWING
Information Security Officer
UA
205-348-6524
aewing@ua.edu

CISO
UAB
205-975-3117
CISO@uab.edu

CISO
UAB Health System
205-996-3328
CISO@uabmc.edu

RUSS WARD
Chief Information Security Officer
UAH
256-824-2623
ciso@uah.edu

CHAD TINDOL
Director of Risk Management
UA System
205-348-5889
tindol@uasystem.ua.edu

MURIEL FOSTER
Director of IT Audit
Office of Internal Audit, UA System
205-934-4105
mfoster2@uasystem.ua.edu

To access current and past IT Risk Bulletins, go to the “Office of Risk Management” page on www.uasystem.ua.edu.

Windows/PC and Apple/Mac Best Practices

This month, our campus CISOs offer some best practices to prolong the life of your computer and keep your personal information safe.

**BOTH**

- Ensure software updates are current.
- Install antivirus software, keep it current, and scan weekly.
- Create an additional non-administrative account for daily use. Remember: Admin or root accounts are for tasks, not browsing the network and reading email.
- Disable automatic login & Guest accounts.

**WINDOWS/PC**

- Regularly install updates to both the Windows operating system and all installed applications (Adobe products, Office, Java, etc.).
- Use Firefox with Ad-Block & NoScript extensions, or Google Chrome, or the latest application compatible version of Internet Explorer and understand the security features.
- Browse with tools such as Site Advisor or Web of Trust (WOT).
- Clear cache and temp files with CCleaner and run malware scans.

**APPLE/MAC**

- Turn on the firewall.
- Use the OS X screensaver with a password: This habit ensures that your machine remains inaccessible whenever you’re away from the keyboard by requiring a password after sleep or screen saver begins.
- Enable auto locking of your login Keychain.
- Turn on File Vault.
- Use secure virtual memory, e.g. iCloud and back up regularly.
- Use a strong password for your local account: A strong password has a minimum of 8 characters, usually mixed case and alphanumeric.