

## Autumn Juice Cleanse? Try a Data Detox!

The juice cleanse. The ever popular method of removing toxins and unhealthy content from your body, spikes in popularity every so often.

In the same way it's important to consistently care for your body's health, it's imperative to regularly check what personal data is coming in and out of the technology you use. Today, the fear of having personal information stolen by cyber criminals is common, but have you considered the information and privacy permissions you're freely handing out? You may be sharing too much - and not just on social media!

By downloading software applications, browser extensions and other online third-party products, you're giving them permission to make changes on your computer. This may include allowing them to track everywhere you go online (cookies), use your location, sell your data to advertisers and other companies and possibly read other applications, like personal email.

Before providing a "perpetual license" to your data (language found in an actual browser extension policy!), consider the following to help protect the privacy of your personal information:

- Only download applications from official app stores or websites.
- Review and research any software, browser extension, app, etc. carefully. Look for signs it may be fake before purchasing.
- Read the privacy policies to ensure you know exactly what permissions and data are being exchanged. Try to avoid giving permissions to lesser known sites.
- Remove applications, software and browser extensions that aren't absolutely necessary.

Take a cyber-health day this fall and review what information you're sharing to help stay cyber fit.



Member F.D.I.C.

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