



FACT SHEET

U.S. Army Cyber Command and Second Army

The Nation's Army in Cyberspace

www.arcyber.army.mil

THE FACTS: PASSWORDS & SECURING YOUR ACCOUNTS

Passwords are like keys to your personal home online. You should do everything you can prevent people from gaining access to your passwords.

How do I create a good password?

Remember the popular phrase “long and strong.” Good passwords have a minimum of eight characters and a mix of upper and lowercase letters, numbers and symbols.

How do I ensure my password protection stays safe?

- Never share your password with others.
- Make your password unique to your life, but not something that is easily guessed.
- Have a different password for each online account.
- Write down your passwords and store them in a safe place away from your computer.
- Change your passwords several times a year.

Are passwords the only form of protection for my accounts?

Typing a username and password into a website isn't the only way to identify yourself. Some web services add to their security features with:

- Multi-factor authentication that uses more than one form of authentication to verify an identity. Some examples are voice ID, facial recognition, iris recognition and finger scanning.
- Two-factor authentication uses a username and password and another form of identification, such as a security code.

In some cases, two-step and multi-factor authentication services may be available, but are not required. Ask your financial institution and other online services if they offer these methods or additional ways to verify your identity.

SOURCE: National Cyber Security Alliance Cyber Threat Resources booklet, November 2012

ABOUT US: United States Army Cyber Command and Second Army directs and conducts integrated electronic warfare, information and cyberspace operations as authorized, or directed, to ensure freedom of action in and through cyberspace and the information environment, and to deny the same to our adversaries.

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