The Front Burner
Cyber Security
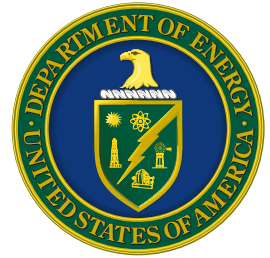
Protecting Your Home Computer – 7 Cyber Musts!

Whether you own a Mac, are a dedicated Windows user, or have opted for Linux, your home computer can and will be compromised UNLESS. . . Well, the truth is there is always some risk in connecting to the wild and wonderful World Wide Web. THERE IS HOPE! Here are **7 Important Do's** to keep yourself safe.

1. **Backup your Data** – Use CD ROMs, DVDs, USB *thumb* drives, other hard drives, online backup services (not as the first choice). There are backup programs that can help you do this. At the very least, copy your files directly to your medium of choice.

2. **Update! Update! Update! Update** your system and application software with the **LATEST SECURITY UPDATES** available through the manufacturer. Windows Update can be launched from the *Start* menu. There's a *Windows Update* icon on the *Start* menu.

   Don't have antivirus/antispyware software? If you are a DOE remote user, the Enterprise Support Center (ESC) can provide you with a copy of antivirus software free of charge as part of the DOE enterprise license.

3. **Use a Firewall –** Many firewall companies, such as Zone Alarm, offer a basic version for free. Windows XP comes with its own firewall. Just make sure it is turned on. From the *Start* menu, go to *Control Panel* and then *Security Center.* Select *Windows Firewall* and make sure it is turned on.

4. **Avoid Surfing with the Sharks** – **THINK BEFORE YOU CLICK**, and think and think again before you download. The wrong choice can infect your computer. **NEVER OPEN THE UNKNOWN** (e.g., software, links, attachments).

5. **Disconnect and Turn it OFF** – If you are not online, disconnect the cable if you can. At the very least, turn off your computer when you are not working. This will also save on energy bills.

6. **Use Strong Passwords/Passphrases** – Passphrases are essentially long passwords and are often easier to remember and harder to crack. Substitute numbers and special characters wherever you can. An example of a passphrase might be: S33$potRUN! ("See Spot Run").

7. **Backup your Data** – Did we say that already? The simplest plan starts and ends with a backup. Make sure to **TEST YOUR BACKUP**. Try to access files from the DVD or USB Drive.

The Department has a vested interest in helping you secure your home computer, especially if you are a remote user. Ensuring you are protected helps ensure we are protected. If you have any security concerns about your home computer, please contact the ESC Help Desk at (301) 903-2500 before you connect.

Anti-Phishing Campaign Wrap Up

Thanks to everyone who attended the Anti-Phishing Seminar June 26. The briefing is available at http://cio.energy.gov/cybersecurity.htm.

All of forms of phishing have the same purpose: to TRICK YOU into divulging sensitive and personal information. Here are some important things to remember to protect yourself and the Department.

- **Be suspicious** of unsolicited email messages.

- **Do not provide OR CONFIRM personal information** (SSNs, passwords, account information) or information about the Department of Energy

- **If you are unsure but believe a request is legitimate,** use **an alternative** KNOWN means to contact the individual or organization that has emailed you.

- **Do Not Install** software provided from an unsolicited email or from unknown origins**.**

- **Do Not Click on Links or Attachments**

- **BANKS AND THE IRS DO NOT SOLICIT YOUR PERSONAL INFORMATION USING EMAIL!!!**

For more information on phishing and steps you can take to protect yourself, go to http://www.antiphishing.org.

Internet Security Awareness

The Best Defense is Common Sense: Be Aware When you Browse

The Internet provides tremendous possibilities for sharing and communicating. But like a big city that also has many wonderful things to experience, the Internet also has a dangerous underbelly of cyber criminals whose numbers grow every day. You need to protect yourself. Here are a few things you can do:

- ✓ **Scan** your computer for malware (viruses, spyware, Trojans, etc.) **regularly after browsing the Web**.

- ✓ Be cautious about sharing/posting your personal information on social networking sites. Cyber criminals and predators regularly use these sites to gather data and select targets.

- ✓ Download software only from sites you know and trust. **Type in the name yourself. Don't rely on links**.

- ✓ Never click on Pop-ups that tell you "*Your System is Infected!*" and you must "*Click Here to Clean Your System!*"

At the end of the day, technology is only a small part of the big picture. The best attacks rely on people – not technology – letting down their guard. So keep aware, and keep safe.

DOE Gets a B+

**Cyber Security at DOE is Improving
Thanks to You!**

Congress recently issued its Federal Computer Security Report Card and the Department of Energy has once again improved its grade.

In the past three years, DOE has risen from an "F" to a "C-" to a "B+." This mark is well ahead of the Federal agency "C" average.

While grades are only one measure of success and we still have a tough road ahead. It is important to recognize the hard work our dedicated DOE team is doing.

Cyber attackers are still ahead of the game so we must be vigilant. Thank you and keep up the great work!

Cyber Calendar

Now more than ever, we rely on computers and the Internet for everyday activities like keeping in touch with family via email, online shopping and entertainment for the kids.   Please take some time to join us for one or all of our informational events.

August 21 and September 25, 11 am to 1 pm
Internet Security: Takin' it to the Streets
We will be providing an Internet Security information booth on the plaza outside the Forrestal main entrance. Drop by with questions for our cyber analysts; learn more about our office, and take away information you can use at home and at work.

October 15th (Forrestal) and October 16th (Germantown)
Cyber Security Awareness Day
Do Cyber Ghouls keep you awake at night?
Does online banking give you fright?
Please join us for the First Annual DOE Headquarters Cyber Security Day. Come out to meet and greet vendors, hear speakers, and receive valuable information and resources. You'll find tons of good information and lots of fun, educational games, and activities, all designed to increase your computer and Internet safety. Save the dates and stay tuned for more information on this great event.

Profile of a Cyber Attacker

Upcoming issues of the Front Burner will present a series on the evolution of cyber attackers from the social engineering exploits of Kevin David Mitnick to hackers shutting down power grids.

The series will explore how threat has changed, what we can and are doing to prevent and respond to cyber attacks, and what YOU can do to prepare. Stay tuned!

How to Contact Us:

on the Web: http://cio.energy.gov/cybersecurity.htm

by phone: 202-586-1090

through e-mail: cyber.security@hq.doe.gov