

Digital Theft Prevention



- **Always** have virus protection on your **PC, Smart Phone & Tablet** and keep it up-to-date. There are free virus protection programs, such as AVAST & AVG that you can download to your device.
- Use **complex** passwords, and change them regularly.
 - You can test the strength of your password at <http://www.passwordmeter.com>
- If you write down your passwords (most of us do), always store them in a **safe and secure** location (not at your PC for instance). Free programs, such as KeePass store your passwords in a secure, encrypted location. This way, you will only have 1 password to remember.
 - Use different passwords for different sites. It is most important **not** to use the same password for financial/bank websites as you do for social sites like Facebook.
- Be wary of “pop-up windows” that ask you to download a program or “plug-in” or warns you of a potential virus on your computer.
 - If you would like to download a program, make sure to go to a trusted website to start the download.
 - If you are concerned about a potential virus, make sure to refer directly to the virus protection software installed on your device.
- Be cautious of unsolicited emails
 - **Never** click on or open a link or attachment from an unsolicited email address without first verifying its authenticity.
 - **Do Not** call the phone number in an unsolicited email. If you do want to call the party of interest, look up the phone number (phone book, online, or from a statement)
 - **Do Not** respond to emails with “Free Offers” or something that seems too good to be true. Simply delete the email.
 - Be wary of emails containing eCards. Some of these can contain viruses rather the good tidings. Verify authenticity before opening the eCard.
- **Never** provide personal information such as account numbers or social security numbers via email or through unsecure websites
 - Only provide personal or financial information through a website if you typed in the web address yourself and you see signals that the site is secure, like a URL that begins **https** (the "s" stands for secure).
- View work-at-home offers with skepticism whether in email form or letter. If you are interested in pursuing work-at-home, two websites that do **try** to eliminate scammers are “Indeed.com and About.com”

Sources:

[1] FTC: *Warning Signs of Identity Theft* <http://identitytheft.gov>

[2] *Combating Spyware and Malware* FTC <http://ftc.gov>

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Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

