

# 10 Ways to Reduce your Digital Footprint

## 1) Check your privacy settings

It's important to know who is seeing the information that you post. Check the privacy settings on your accounts to ensure what you share is being protected.



## 2) Update your anti-virus software

Updating your software regularly allows any vulnerabilities to be patched.

## 3) Delete old accounts

To keep your data out of the hands of an unknown third party, you can delete your data from a service by contacting a company directly and asking for your customer data to be deleted.



## 4) Browse the internet without tracking

Browsing without tracking enabled isn't a perfect solution, but it is a simple way to keep your data out of the hands of compliant websites.

## 5) Don't click on random surveys

Only participate in surveys from a trusted service, such as Survey Monkey or Google Opinion. This includes not responding to Facebook prompts!

## 6) Have a public-facing email

Using a single email dedicated to absorbing spam means that email address can be deleted without any major repercussions given a breach.

## 7) Clear your browsing history & cache

Clearing your browser history protects your computer if it is compromised, making it harder for a thief to see what sites you frequent. On the other hand, clearing your browser cache voids tracking cookies used by websites to track you, even between multiple websites.

## 8) Think about your offline presence

Being aware of the information you share offline is important. Make sure you understand how businesses will use your information, whether a utility company or a grocery store. Most information you see online originates from somewhere offline.

## 9) Lock down your credit

Avoid sites offer "free" credit reports in exchange for signing up for something else. Request your credit only through [annualcreditreport.com](http://annualcreditreport.com).



## 10) Freeze your phone from being sim-swapped

Another way ID thieves establish new lines of credit is opening a mobile phone in a target's name. If this happens, contact the NCTUE to place a freeze on your file.