

A back-up makes you zen



Boost your digital health.

MAKE BACK-UPS OF YOUR DATA ON YOUR COMPUTER, SMARTPHONE AND TABLET BEFORE IT'S TOO LATE. MORE TIPS ON [SAFEONWEB.BE](https://www.safeonweb.be).

Regular updates make you healthier



Boost your digital health.

UPDATE YOUR COMPUTER, SMARTPHONE AND TABLET BEFORE IT'S TOO LATE. MORE TIPS ON [SAFEONWEB.BE](https://www.safeonweb.be).

Regular updates make you healthier.

Did you know that you need to update your operating system as well as your programs and apps? Outdated software gives cyber criminals the opportunity to gain access to your device and your data.

- Each program has its own vulnerabilities. Fortunately, security updates fix them
- An update notification? Run the update the same day just before you shut down your device.
- As far as you can, set up your programs so that they update automatically. By doing so, you're always using the most secure version.

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Data can always be lost, or damaged by a virus. Thanks to a back-up, you can get your data back.

- Decide which files (photos, music, etc.) are important and back them up regularly.
- Don't store your back-up in the same location as your files, but on an external hard drive, a USB stick or in the cloud. Preferably always make more than one back-up.
- You always have peace of mind with a back-up. Test it to see whether you can put it back so that you're sure it's usable.

