

## ARE YOU PREPARED?



# Preparedness for a Cyber Attack

With all the uncertainty in the world today, protecting personal information and assets seems to be top of mind. Minimizing the damage and disruption from a cyber attack can be achieved with a few simple steps.

Remember cyber-attacks have been happening for a while and many protections are already in place such as multi-factor authorizations.

### To prepare for a cyber-attack:

1. **Have paper backups** for your most important personal information (important contacts, bank accounts, investment accounts, medical records, photographs, passwords, leases, proof of ownership, etc).
2. **Cash on Hand** – keep small denominations. In the event of a large-scale cyber-attack, you will lose access to ATM/s, gas stations, grocery stores, etc, will only be able to use cash.
3. **Supplies** – Have 1-2 weeks of **medications** on hand, as well as **nonperishable foods, hygiene supplies** etc.
4. **Water** – 1 gallon per person per day (including pets). Have a water treatment plan – (life straw, water bob container etc).
5. **Anti-Virus software** should be kept up to date.
6. **Power back up** – solar chargers, lanterns and generators.
7. **Non-electric entertainment** – cards, crafts, board games, books, crosswords.
8. **Limit your shared information.**
9. **Be vigilant** – monitor your personal accounts regularly.
10. **External/Offline hard drive** for additional back of information, especially important for businesses.
11. If possible, **keep all automobiles at least half full.**

### Resources for more information:

[Ready.gov](https://www.ready.gov)

[CISA.gov](https://www.cisa.gov) (America Cyber Defense Agency)

[IC3.gov](https://www.ic3.gov) (FBI Internet Crime Complaint Center)

[Stopthinkconnect.org](https://www.stopthinkconnect.org)

Social Security Admin Hotline: 1-800 269 0271

**From 9/11 to today, VOICES helps families and communities heal after tragedy.**

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders, and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11<sup>th</sup>, is a 501(c)(3) nonprofit organization.

For information, resources,  
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