



THE IMPORTANCE OF PASSWORDS

Passwords provide the first line of defense against unauthorized access to your computer and personal information. The stronger your password, the more protected you will be from hackers and malicious software. You should maintain strong passwords for all accounts, including your OMA account.

Here are some useful tips for creating strong passwords and keeping your information secure:

- Use passwords that are unique to each account
- Manage your passwords with a password management tool
- Longer passwords are stronger
- Keep passwords secure
- Hide written passwords in a secure location

These tips can help you create longer passwords that are easier to remember.

Try to use:

- A lyric from a song or poem
- A meaningful quote from a movie or speech
- A passage from a book
- A series of words that are meaningful to you
- An abbreviation: Make a password from the first letter of each word in a sentence

Avoid choosing passwords that could be guessed by:

- People who know you
- People looking at easily accessible info, like your social media profile(s)
- Avoid personal info and common words

Avoid creating passwords from info that others might know or could easily find out about you. Examples:

- Your nickname or initials
- The name of your child or pet
- Important birthdays or years
- The name of your street
- Numbers from your address

Avoid simple words, phrases, and patterns that are easy to guess. Examples:

- Obvious words and phrases like "password" or "letmein"
 - Sequences like "abcd" or "1234"
 - Keyboard patterns like "qwerty" or "qazwsx"
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