

# Cheat Sheet for: Keeping you and your devices safe online

## Keeping your devices up to date

### Apple

- Update your iPhone, iPad, or iPod Touch - <https://support.apple.com/en-ca/HT204204>
- How to update the software on your Mac - <https://support.apple.com/en-ca/HT201541>

### Microsoft

- How to update Windows 10 - <https://support.microsoft.com/en-us/windows/update-windows-10-3c5ae7fc-9fb6-9af1-1984-b5e0412c556a>

### Google

- Check & update your Android version - <https://support.google.com/android/answer/7680439?hl=en>
- Update your Chromebook's operating system - <https://support.google.com/chromebook/answer/177889?hl=en>
  - Note Chromebook's have an "auto update expiration" date set by the platform, not when you purchased it. When buying a Chromebook, check the model against Google's support list to ensure you have a reasonable (e.g. 3-4 years) expectation of updates. Newer Chromebook models are supported for 7 years. - <https://support.google.com/chrome/a/answer/6220366?hl=en>

For all others, check the vendors website for instructions. Usually a search of "*device name update*" will bring you to the correct page.

## DNS Filtering

CIRA Canadian Shield – Recommended for Home Users in Canada

- Setting up CIRA Canadian Shield - <https://www.cira.ca/cybersecurity-services/canadian-shield#setupinstructions>

Shaw BlueCurve Protected Internet

- BlueCurve Home FAQ - Protected Browsing - <https://support.shaw.ca/t5/internet-articles/bluecurve-home-faq-protected-browsing/ta-p/5455>

CloudFlare for Families

- Setup CloudFlare for Families - <https://developers.cloudflare.com/1.1.1.1/1.1.1.1-for-families/setup-instructions/>

Quad 9

- Setup Quad 9 - [https://www.quad9.net/#Setup\\_Quad9](https://www.quad9.net/#Setup_Quad9)

## Ad-Blocking

uBlock Origin is recommended where available but any of the three are sufficient. Do not combine them (only install one). Note that add-ons generally are not available on mobile, however on iPhone or iPad, AdBlock Plus and AdGuard can both be installed as a content filter for Safari. Firefox on Android supports uBlock origin but Chrome for Android does not support extensions.

## Firefox

- uBlock Origin - <https://addons.mozilla.org/en-US/firefox/addon/ublock-origin/>
- Adblock Plus - <https://addons.mozilla.org/en-US/firefox/addon/adblock-plus/>
- AdGuard - <https://addons.mozilla.org/en-US/firefox/addon/adguard-adblocker/>

## Google Chrome

- uBlock Origin - <https://chrome.google.com/webstore/detail/ublock-origin/cjpalhdlnbpafiamejdnhcphjbkeiagm?hl=en>
- Adblock Plus - <https://chrome.google.com/webstore/detail/adblock-plus-free-ad-bloc/cfhdojbkjhnklbpkdaibdccddilifddb>
- AdGuard - <https://chrome.google.com/webstore/detail/adguard-adblocker/bgnkhhnamicmpeenaelnjfhikgbklg?hl=en>

## Safari

- Adblock Plus - [https://eyeo.to/adblockplus/macOS\\_safari\\_install/ad-blocker-safari](https://eyeo.to/adblockplus/macOS_safari_install/ad-blocker-safari)
- AdGuard - [https://itunes.apple.com/app/adguard-for-safari/id1440147259?pt=31050800&ct=web\\_18672&mt=12](https://itunes.apple.com/app/adguard-for-safari/id1440147259?pt=31050800&ct=web_18672&mt=12)

## Password Managers

LastPass and BitWarden both have free options available in addition to extra features available with a subscription. 1Password is only available with a subscription. Useful features include password sharing with others, as well as recovery options in the event a family member needs to get into your password manager.

### 1Password

- Sign up for an account - <https://1password.com/sign-up/ca/>

Please note with 1Password, they also have the 1Password.com domain which is the same price but it in USD. Use 1Password.ca for CAD pricing.

### LastPass

- Sign up for an account - <https://lastpass.com/create-account.php>
- Plans and Pricing - <https://www.lastpass.com/pricing>

### BitWarden

- Sign up for an account – <https://vault.bitwarden.com/#/register>
- Plans and Pricing - <https://bitwarden.com/pricing/>

## Multi-Factor Authentication

### Gmail

- Protect your account with two step verification - <https://support.google.com/accounts/answer/185839>

## Outlook.com

- How to use two step verification with your Microsoft account - <https://support.microsoft.com/en-us/account-billing/how-to-use-two-step-verification-with-your-microsoft-account-c7910146-672f-01e9-50a0-93b4585e7eb4>

## Yahoo.com

- Add two step verification for extra security - <https://help.yahoo.com/kb/SLN5013.html>

For all other providers, search for “*provider name mfa*” to in most cases find the correct article on how to set it up.

## Antivirus

Microsoft Windows and Apple macOS both include built-in protections that are sufficient for most users. If you encounter an infection that can't be removed with one of these two, or if you'd prefer additional functionality:

## Sophos Home

- Available for free for up to 10 devices, with additional features as part of a subscription.
- <https://home.sophos.com/en-us.aspx>

## MalwareBytes

- Available free to scan for malware and remove but it does not remain active. For continuous use a subscription is required.
- <https://www.malwarebytes.com/>