

Basic Cyber Hygiene

A Practical Security Guide for Individuals, Businesses, and Ministries

What Is Cyber Hygiene?

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Why Cyber Hygiene Matters

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Daily Security Habits

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Safe Browsing Practices

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Software Updates & Patching

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Account & Access Awareness

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

Recognizing Early Warning Signs

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.

How Cyber Hygiene Connects to LAAP™

This section provides clear, practical guidance written in plain language to help users maintain consistent digital safety habits without technical overwhelm.