Cyber Health at Home

April 22, 2020
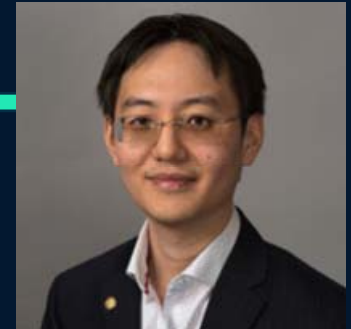
Gary Chan
gchan@alfizo.com

https://alfizo.com/elp-rotary-club/

Agenda

- Bio

- Scope and Definitions

- Why you should care

- What you can do

    - Before an incident

    - After an incident

- Recap

- Q&A

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Gary S. Chan

- Anti-Fraud and Information Security, 16 Years of Experience

- B.S. in Electrical Engineering & Computer Science, MIT

- Security Certifications

  - CISSP (Information Security)

  - CISSP-ISSMP (Information Security Management)

  - CFE (Fraud Examiner)

- Current: Security Consultant

- Former: Head of InfoSec at a large-cap company; Lead Architect for Multiple State Agencies' Anti-Fraud Systems; President of FBI St. Louis Citizens Academy Alumni Association

https://www.linkedin.com/in/gschan2000/
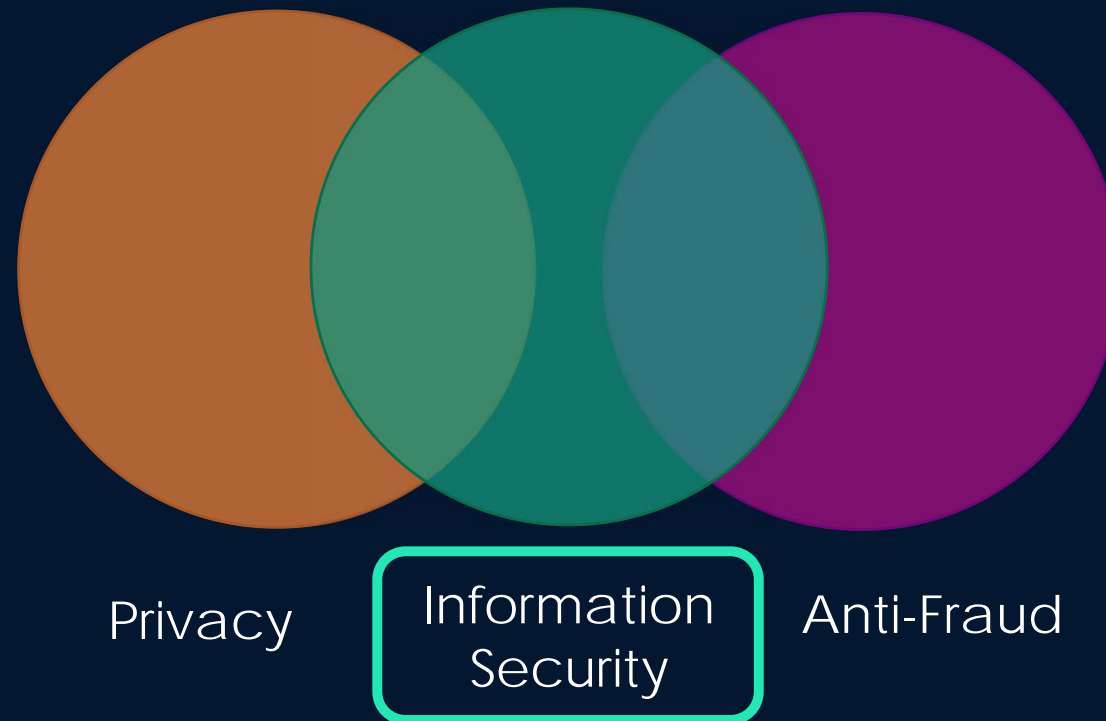
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Scope

Individual

Group or Business
- Laws, Regulations, & Other Obligations
- More to Lose -> More Protection
- Scale and Management
- Insider Threats (Inadvertent and Purposeful)
- Politics & Organizational Structure
- Complex Technology Environment

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Scope

Privacy

Information Security

Anti-Fraud

Why Should I Care about Information Security?

Money

Time

Reputation

Children

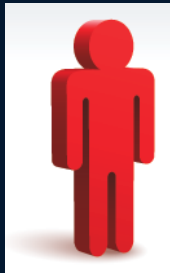Employer Obligations

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Quiz! Who do hackers target more?

Small Businesses

OR

Big Businesses

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Quiz! How do hackers usually get in?

Exploit Individuals

OR

Exploit Things

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How Much Does Your Data Sell for?

ACCOUNT TYPE	VALUE	PRICE
PayPal Account	$12,000	$1,200
Money Transfer	$7,500	$1,125
Amazon Gift Card	$2,000	$700
Cashapp Transfer	$7,000	$425
PayPal Transfer	$1,200	$240
Paypal Account	$1,800	$190
Cashapp Transfer	$1,500	$180
Amazon Gift Card	$500	$175
Money Transfer	$1,250	$167
PayPal Account	$1,200	$120
Bank Card	$800 - $1,000	$79
Bank Card	$500 - $750	$64
Bank Card	$200 - $400	$49

Social Media	Personal Information*	Bank Details	UK Passport
$12.99	$40 - $200	$50 - $200	$750

PASSPORT	PASSPORT & DRIVERS LICENSE	PASSPORT & ID CARD	PASSPORT, ID & DRIVERS LICENSE
⬍	⬍	⬍	⬍
$777	$888	$888	$999

Patient Healthcare Records: up to $1,000

Sources: https://vpnoverview.com/privacy/anonymous-browsing/in-the-dark/
https://www.beckershospitalreview.com/cybersecurity/patient-medical-records-sell-for-1k-on-dark-web.html

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Phishing Quiz!

https://phishingquiz.withgoogle.com/

And a fun story

Your Devices

- Lock your devices (pin, biometrics)

- Patch/Update

- Connect to WiFi that you <u>trust</u>

  - Use Your Own Mobile HotSpot, if needed

- Set Location and Privacy settings

- Use <u>trusted</u> software, apps, and USB devices

- Install anti-malware software (not iOS)

- Backup all important data

Your life

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When Surfing the Internet

- Validate people are who they say they are

- Interact with only <u>trusted</u> persons and companies

- Assume everyone can read your posts

- Don't share or use the same password everywhere

- Don't open or install anything that you don't know

- Use two-factor authentication

- Avoid using public computers

- Be careful clicking on e-mail links and when entering your username and password

I'm John. Trust me.

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When Traveling to High Risk Countries

- Don't bring electronics, if possible

- Use a "fresh" laptop and phone

- Bring only essential documents

- Know the local laws, e.g.

    - Whether you can refuse to unlock your devices for law enforcement

    - Whether the encryption you are (hopefully) using is legal

- Upon your return, copy out only the files you need, scan them for malware, and wipe everything else

Children

- Have open conversations

- Teach them to be skeptical

- Watch for behavioral changes

- Check cell phone activity

- Online safety education: netsmartz.org/TipSheets

Not a matter of privacy:
It is a matter of keeping our
children safe

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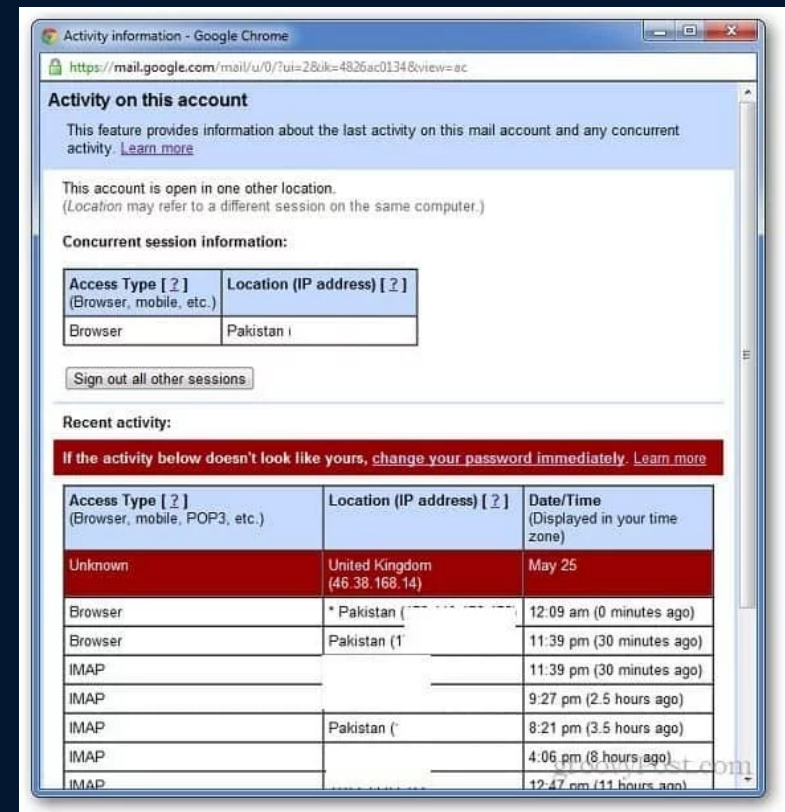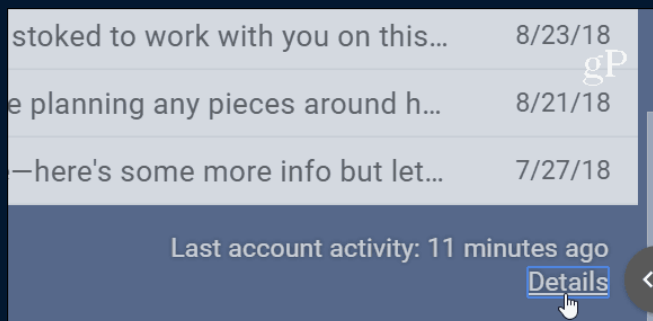
Good Detection Practices

- Obtain and review free credit reports

- Set bank and credit card alerts for every transaction

- Check your "trusted applications"

- Check your login activity logs (offered by some services, like Google)

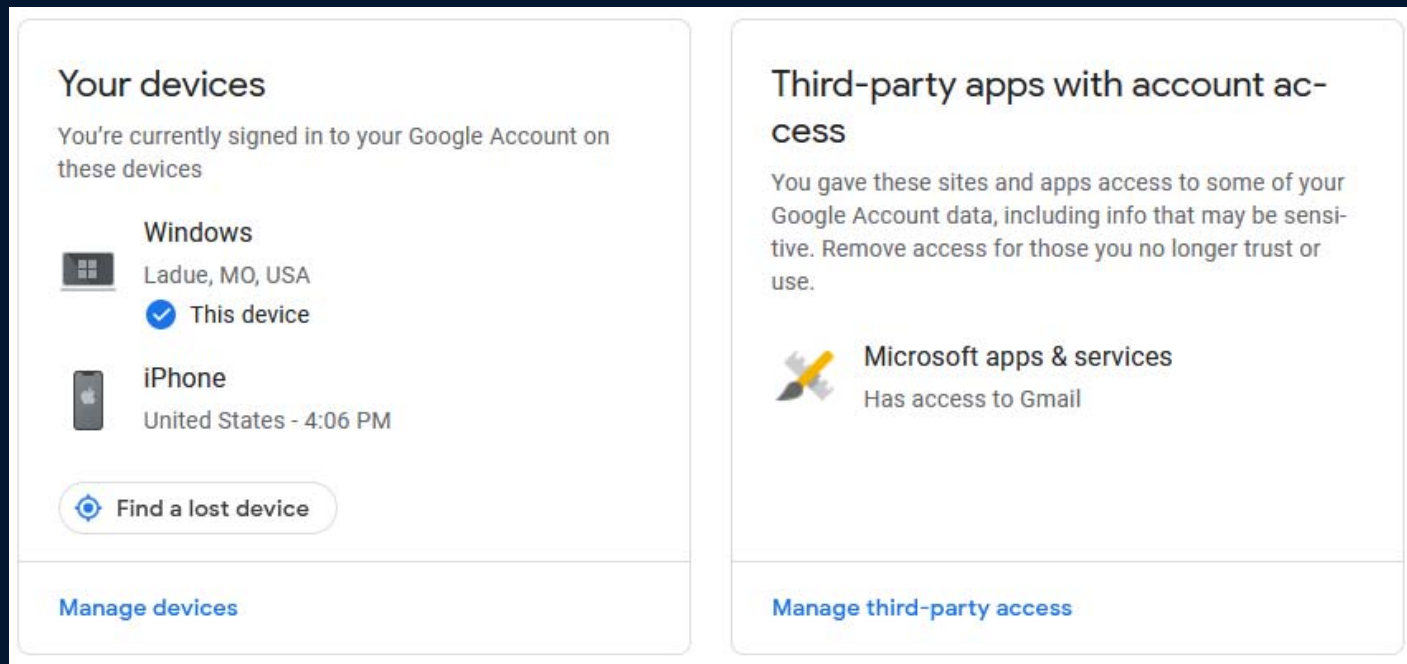> Most crimes go undetected, so use these detection practices.

Good Detection Practices

- Check your login activity logs for your e-mails and most important applications

Good Detection Practices

- Check your trusted devices and third-party apps

Technical

- Use a <u>trusted</u> VPN provider when on untrusted WiFi

- Use a firewall

- Use WPA2 encryption for WiFi

- Segment your network

- Store sensitive documents using encryption

- Turn on anti-theft options (e.g. "Find My" for Apple Devices)

- Use password vault and/or single-sign on solution

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Insurance

- Fraud

- Information or Cyber Security

- Check your policy for details

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If Something Goes Wrong

- Disconnect any affected device(s) from the Internet

- Change your password for any affected service

- Contact

  - The platform (Facebook, Twitter, etc.) and business (bank)

  - Credit bureaus (Equifax, Experian, Transunion)

  - Law enforcement

  - Alfizo (929-525-3496 or gchan@Alfizo.com) if you need additional support

  - Your insurance company

- File complaint online: https://www.scamaddicts.com/fraud-resources

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Recap

- Who I am

- Individuals vs. Businesses

- Information Security vs. Anti-Fraud vs. Privacy

- Why you should care about information security

- What you can do

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Bonus: Additional security advice for small businesses

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Questions

Gary Chan
gchan@alfizo.com

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