



# CANADIAN ANTI-FRAUD CENTRE BULLETIN

Password Protection

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FRAUD: RECOGNIZE, REJECT, REPORT

Canada is one of the most connected countries in the world. With more of our day to day activities occurring online, we are increasingly having to create and remember new usernames and passwords.

In order to prevent fraud and data breaches, here are some tips to create strong passwords:

- Use a minimum of 8 characters including upper and lower case letters, and at least 1 number and a symbol.
- Create unique passwords for every online account including social networks, emails, financial and other accounts.
- Use combination pass-phrases that are easy for you to remember but hard for others to guess. And don't be too revealing over social media.

## How to protect yourself

- Avoid using simple passwords such as the word “password” or “12345678”.
- Avoid using the same password for more than one account.
- Never use your name, date of birth or other personal information.
- Set up email alerts that notify you if your accounts have been accessed, used or changed.
- Visit [www.getcybersafe.gc.ca](http://www.getcybersafe.gc.ca) for more information about staying safe online.
- Learn [more tips and tricks for protecting yourself from fraud.](#)

If you think you or someone you know has been a victim of fraud, please contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or report online at [www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca).



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