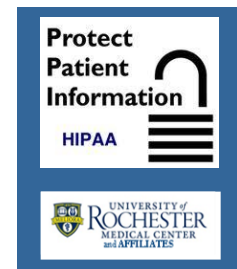# HIPAA HIGHLIGHTS

October 2023

Cyber Security Awareness Month

October is Cybersecurity Awareness Month. As we observe its significance, we endeavor to increase our awareness, and take smart measures that will help protect sensitive and high-risk information, both personally and organizationally:

- Use strong passwords or passphrases and a password manager.
  - Everyone at the University of Rochester with an active University/URMC email address (rochester.edu) is eligible for a free password manager account, Keeper account
- Turn on multifactor authentication.
- Recognize and report phishing – Send suspicious emails to abuse@rochester.edu.
- Keep software and devices up-to-date

Protect the House

This time last year, we launched our IT, Security & Privacy program to increase awareness and recognition of cyber threats and techniques used. Our goal is to have a strong security culture across the University.

The "Protect the House" program identifies two distinct sets of activities to secure the house - organizational actions to upgrade and improve IT security on our networks and individual responsibilities, which are listed below:

Our Individual Responsibilities:

- Use strong, secure passwords & phrases. Keep them safe.
- Secure devices when not in use.
- Recognize the latest scam and cyberattack techniques.
- Use tools & services provided by IT.
- Know responsibilities & how to protect our information.
- Back up data in approved storage areas.
- Know what to do if you think data is breached.
- Keep devices updated.

Where can I find more information about Information Security?

1. Please visit Information Security on tech.rochester.edu for updates, awareness education, and other security related tips.

2. Watch Security Awareness Videos
   a. Topics include Security Culture, Phishing, Social Engineering and Passwords & Passphrases

For any questions on this topic or any others regarding HIPAA, please contact your Privacy Officer or HIPAA Security Official.