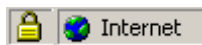


Make your New Year's Resolution to **Be Security Conscious**:



IT's Top Ten Recommendations for Safe Computing:

1. Protect computers from viruses and worms by using Anti-virus software regularly and using caution when opening email attachments and sharing files.
 - Download Sophos [anti-virus software](#) free now.
2. Download operating system (OS) patches and updates regularly.
3. Use a Spam filter on your BSC and personal email account(s).
 - BSC email has a Spam filter. Learn [how to manage your own Spam filtering](#).
4. Remove [spyware](#) and adware from your computer with anti-spyware and anti-adware.
 - Download and install Webroot Spysweeper from <http://download.bridgew.edu>.
5. Protect important personal data by running routine data backups.
6. Consider installing a firewall.
 - If you have Windows XP Professional with Service Pack 2, [enable the firewall](#).
7. Use caution when shopping online, instant messaging or using wireless services to reduce your risk of Identity Theft.
 - Make sure the site has "https://" in the address bar or you see the lock icon on the lower right toolbar.



8. Protect yourself and others by reporting security-related incidents to the appropriate authority.
9. Check the [Be Security Conscious](#) page regularly for updated security news and alerts.
10. Share this important list with friends, family, co-workers, and classmates.

Contact IT Support Services with questions at 508.531.2555 or ITSupport@bridgew.edu.

The **V.I.R.U.S.** (**V**ital **I**nformation and **R**esources for **U**nderstanding **S**ecurity) expo is coming this April! Watch Community Announcements for more details.