# Student Computer Security Checklist

## The Top 5 Steps to Keeping Your Computer Safe and Virus Free

**Following these 5 basic steps will help keep your computer fast, efficient and virus free!**

## 1. Use the Duckware and Security CDs. The first step to protecting your
computer from spyware and virus damage is to use the free Duckware and Security CDs available at the Helpdesk in 151 McKenzie Hall.  These CD's automatically enable critical security settings and install important software on your computer to help insure your computer continues to be safe and virus free.

## 2. Use a Safe Web Browser. Most computers use popular browsers.  Choosing one with
fewer security vulnerabilities will help keep your computer safe.  Mozilla Firefox is a good web browser choice and is free at http://www.mozilla.com/.  Internet Explorer 7 is also a safe choice and is free at http://www.microsoft.com/windows/ie/default.mspx.

## 3. Protect your Password. A strong password protects your computer and the information
stored in it.

- Do not share your password with other users.
- Do not save your password in web pages.
- Make sure to choose a strong password.  Good passwords are 8-14 characters long, have both letters and special characters in them.  u0d*cksf@n is an example of a good password. (Do not use this example) Visit http://password.uoregon.edu/  to change your password.

## 4. Beware of Unfamiliar Email. Be careful of opening email or clicking on attachments
you are not expecting. This is a common way to spread viruses.  One way to reduce your vulnerability to virus-loaded email is to increase the SPAM filtering on your uoregon.edu account.  You can change these settings at http://password.uoregon.edu/spam/.

## 5. Lock up your Laptop. Be sure your laptop is stored in a safe place.  Using boot
passwords and screen saver passwords will prevent other people from using your laptop.  Remember never to save sensitive or personal information on your machine**.**

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### Useful Contact Information

**Resnet Help**
**(for students only)**
http://www.housing.uoregon.edu/resnet/index.html
reshelp@resnet.uoregon.edu
(541) 346-4223

**Acceptable Use**
http://cc.uoregon.edu/policy/acceptable_use.html
abuse@uoregon.edu
(541) 346-1635

**Micro Services Help Desk**
http://micro.uoregon.edu/
microhelp@lists.uoregon.edu
(541) 346-4412

**Security Incidents**
http://security.uoregon.edu
security@uoregon.edu