



Creating a Strong Password

In today's world, unfortunately there are people out there who want to take advantage of others. They are doing this by stealing your identity and personal information. **One way to deter identity thieves is to change your passwords quarterly and do not use the same password in multiple locations.** Passwords should be difficult for thieves to crack, the more characters you use, the more secure they are. When creating your passwords use a **minimum of eight characters** consisting of upper and lower case letters, numbers and symbols. I know you are thinking that type of password would be too difficult for you to remember, but here are a couple of suggestions to help you by using a phrase or sentence:

- **When you are sitting at your computer what do you see?**
 - "I(1) see(c) five(5) pictures hanging on the Walls(\$)"
so my password would be "1c5photW\$"
- **What do you enjoy doing?**
 - "Painting is(1\$) a Great Stress Reliever!"
so my password would be "P1\$aGSR!"
 - "Max and(&) I (!)love taking walks(\$)"
so my password would be "M&!twk\$"
- **What are your Favorite Colors?**
- **Who is your Favorite Sports Team?**

By creating your own code for letters, symbols, etc. you will find creating new, strong passwords is a much easier task than before.

Write your passwords down and put in a secure place, **DO NOT** store on your computer and **NEVER** have your computer remember your password when asked! Mark your calendar and/or set a reminder on your computer to change your passwords. It is much easier and less time consuming to follow these steps than to deal with your identity being stolen.