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## Day to day vulnerable practices

These tips are non-exhaustive and are meant as guidance.

### It is not recommended to leave your device out of sight

- In coffee breaks during a seminar, or when working from a café, a restaurant, or other public shared spaces, never leave your laptop out of sight, especially with your screen unlocked. In case you have to leave your device out of your reach, always shut down your operating system first, instead of leaving it on standby.

### It is not recommended to open an email attachment without carefully reviewing it

- Always carefully review emails that ask you to open attachments or click on external links. Check the sender email if it is correct, by looking for any errors or misspellings. In case of suspicion, check with the sender.

### It is recommended to use VPN, based on your risk assessment

- In principle, having your VPN software enabled, especially when connected to a public/unsecure Wi-Fi, may provide protection as it can prevent your internet providers and/or other actors accessing your browsing activities and visited sites. However, in some contexts using VPN can attract unwanted attention, which may heighten your risk. In some jurisdictions, the use of VPNs may be banned or legally regulated.

### It is not recommended to reuse passwords across multiple accounts

- One practice that may put human rights defenders at risk is using the same password on multiple accounts.

### It is recommended to use 2-Factor Authentication

- The inconvenience of setting up and using 2-Factor authentication is less than the inconvenience of being exposed to unwanted harm.

### It is recommended to be aware of the various threat levels of each application

- In some contexts, and legal frameworks, your intention to stay safe by installing certain apps may raise unwanted attention or criticism. Ensure you are aware of how the authorities in the country you are in may perceive what you have installed on your device(s) e.g., border crossings and device inspection notices.

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