

## 1: Does Potassium Iodide Protect People from Radiation Leaks? - Scientific American

*Just as you can sense people's feelings, others can sense yours as well. Predators look for people who are meek, mild, weak, unfocused, and distracted. "Criminals are looking for easy pickings.*

No one should experience abuse. You may have neighbours, friends or family members who know a little about what is happening to you, but they may not know how to help. You can reach out for their support so that you are not alone. There are people in every community who want to help. Abuse can be a hard word to accept. People from all walks of life have found themselves in abusive relationships—it can happen to anyone. Most situations of abuse occur in families and also in other relationships with people we know and trust. Abuse happens in different ways. Abuse can be financial, psychological, sexual, and spiritual, as well as neglect or physical violence. All forms of abuse cause harm. It is called abuse anytime people use their ability or influence to limit or control your rights and freedoms. The relationship is not equal because you are afraid that if you speak up or take action, you will be threatened, hurt, or the relationship will end. Abuse is never your fault. I have been afraid of him for most of this time and never told anyone. I was so thankful when I finally got information on how I can protect myself. Tell someone you trust about the abuse. Choose individuals who will respect your decisions and who can listen without telling you what to do. You may need to plan some next steps. Those steps should be realistic. You are the expert in your own life and the best person to decide what you can do to set limits and to increase your safety. If you are afraid the situation will get worse, make a safety plan that includes where you can go in an emergency and what you will take with you. Think about where you will stay and how you will get there. Keep track of your financial statements and other legal documents. Talk to your bank about how to protect your assets. Visit your local library, health or community centre to find out information about other services that are available to support you. If you live with the abusive person and want to look for services on your home computer, be sure to cover your tracks by erasing the history. To find out more about how to do this, go to: Neighbours, Friends and Families: Staying Silent in an Abusive Relationship There are reasons why you may feel trapped in an abusive relationship. You are not alone. Older adults who experience abuse often feel conflicted about seeking help or telling others about what is happening. These are some of the most common reasons: You may feel too afraid to speak up or take action. If you have been living with abuse for many years, you may not believe that you deserve help or you may believe the abuse is your fault. The person abusing you is well liked and admired in the community. You feel protective of the person who is mistreating you, especially if the person is your child. You are afraid they will end your relationship. You feel it is your fault that they act the way they do. They need you and you have to help them. If the person abusing you is your spouse or partner you may believe that keeping the family together is important, no matter what feel guilty about staying in the relationship for so long feel obligated to stay in the relationship What You Need to Know You have the right to be safe and free from abuse. There is nothing you have done that causes the abuse. The person who is mistreating you is always responsible for their actions. People who are abusive need help. Abuse rarely goes away by itself and it usually becomes worse over time. If your children are abusive, they need help. They will never find peace in life without first taking responsibility for their actions. How to Find Help There are different kinds of services in most communities. It is important that you find help and that you feel supported. Only you can decide what really helps and what kind of support feels right. Rural and Remote Communities If you live in a place where there are no services for older adults, reach out to people in your community who you trust and who will support you. There are people in every community who care and want to help. Libraries and community centres often have computers that are for public use. You can usually find the telephone number in the front of your phone book or on the government Web site listed on the back cover of this brochure. The person answering the phone has usually been trained about abuse and can listen or offer you suggestions about where you can find services in your community. If you have access to the Internet, there are many good legal resources online. Shelters are located in many communities to provide temporary and emergency housing if you need to leave your home and if you need protection from your spouse. Shelters are often used by younger women and their children; however,

older women will find support at a shelter as well. Victim Services Victim Services organizations support anyone who is a victim of a crime or accident. Often they work closely with police services and can provide information about the justice system, practical help, emotional support and referrals to other services and programs in your community. Healthcare Providers You will be able to find information about abuse at most local health authorities or community care access centres. Healthcare professionals will be able to assist you if they know that you are experiencing abuse. Tell them what is happening to you and ask for their support. Mental Health Programs Older adults experiencing abuse may also experience mental health issues, such as depression or anxiety. Contact the Canadian Mental Health Association in your area for information about programs and services. If you seek help for your mental health, tell your counselor that you are also experiencing abuse. Not all professionals are trained to recognize abuse and they will be better able to help you if they know that abuse is happening. In an Emergency If you are in danger, call or your local police. Safety Planning If you are living with the person who is abusing you, you may need to make a plan to increase your safety. You can make a safety plan yourself or contact an abuse expert to help you. Safety plans can involve two different sets of steps: Abuse experts will give you information about services that are available and will help you develop a plan of action. Neighbours, Friends and Families is an Ontario domestic violence public education campaign with lots of good resources online. If your spouse is abusive and you are looking for information about safety planning, go to: By staying involved with people and activities, you are less likely to find yourself alone in an abusive relationship. Staying active and involved also helps you stay healthy. People in your community need you as much as you need them. I have found retirement to be a big adjustment. My days are not structured anymore and I am often alone. Your Physical and Emotional Well-being These are some things you can do to look after your physical and emotional health and well-being. Know your rightsâ€”everyone has the right to be safe and free from harm at home and in the community. Stay in regular contact with people who support you and respect your decisions. If you are often alone, make the effort to connect with someone you care about and talk about how you can become more involved in your community. Reach out to other seniors who may be alone. Thinking of others is a good way to make a contribution to the whole community. Involve yourself in meaningful activities that give you enjoyment, strength and comfort. Go on outings with friends, volunteer, attend church, join a gym, or visit your neighbours. Eat regularly and well. If you feel depressed and have no one to talk with, seek support from a friend, your minister, priest, faith leader, or from social service agencies in your community. There is no shame in asking for help. Your Financial Security Your peace of mind about financial security is important. Stay involved and aware of what is happening with your money and belongings. Keep track of your possessions; open and send your own mail; review your bank statements every month and contact the bank if you see anything unexpected. Your money and property belong to you, not to your family. Ask them to respect your choices. It is a crime if a family member forges your signature on a cheque or uses your bank or credit card without your knowledge. You should contact the policeâ€”if it happens once, it can happen again. If a family member or friend comes to live with you, they should contribute financially to the rent and food. Think about your future and consult an attorney about future planning, caregiving arrangements, and reviewing your will. Share your plan and wishes with someone you trust.

### 2: Pregnant Women | Zika and Pregnancy | CDC

*Among the different things people can do to protect themselves against crime, Americans are most inclined to say they avoid certain neighborhoods, and are least likely to carry a weapon for defense. More Americans report having an alarm system in their homes than at any other point in the past seven years.*

Chances are you have received a few fraudulent emails, ambiguous phone calls, encountered fake online ads, questionable posts on social networking sites or maybe someone has come knocking at your door? Avoid becoming a victim! Here are 8 things you can do this month to help protect yourself and others: Brush up on common scams and warning signs There are different types of scams around us. The list goes on, it gets longer every year and the schemes themselves get more sophisticated. Experts still say your best bet for avoiding them is to be aware of the tactics and the red flags. You can also read up on some interesting free ways to encrypt emails and messages in this article from How-To Geek. Throw in a few numbers and symbols too for the strongest passwords. Order your credit reports Already keeping tabs on your financial statements? Shred unneeded documents Experts warn that any document containing sensitive data should go through the paper shredder before it hits the recycling bin. That includes items like receipts, bank statements, old tax returns and even junk mail containing your address, like credit card pre-approvals. Get a jump start on spring cleaning this March and safely get rid of the paper clutter around your home. But before you get shredder happy, make sure you know how long you need to keep certain items. You should also never agree to conduct financial transactions on behalf of strangers. Talk to your loved ones about fraud Scammers will target anyone regardless of their age or social status, and even well-educated people have been caught. Talk to your family members and friends about fraud and how to avoid it. You may also want to come up with strategies that everyone in your household can follow. An important part of this dialogue should also be letting your loved ones know they can talk about any problems they encounter. Experts warn many victims are too embarrassed to talk about what happened, and crooks may repeatedly target them following that initial success. Unfortunately not all victims of fraud get justice, but reporting the crime to the police helps in other ways too. It allows the authorities to keep tabs on the threats and warn others, for instance. Often, those warnings we see in the news are a result of someone reporting the crime.

### 3: How to Protect Yourself from Money Fraud - 8 Tips for Seniors | NCOA

*Ten Ways to Protect Your Online Identity Using the Internet has become a way of life for everyone; people from all over the world use the Internet on a regular basis, for work, pleasure or both. As a result, people are more susceptible to online scams, security threats and more.*

Millions of older adults fall prey to financial scams every year. Common tactics include depleting a joint checking account, promising but not delivering care in exchange for money or property, outright theft, and other forms of abuse, including physical abuse, threats, intimidation, and neglect of basic care needs. Everyone is at risk of financial abuse, even people without high incomes or assets. Isolation is a huge risk factor for elder abuse. Most family violence only occurs behind closed doors, and elder abuse is no exception. Some older people self-isolate by withdrawing from the larger community. Others are isolated because they lose the ability to drive, see, or walk about on their own. Some seniors fear being victimized by purse snatchings and muggings if they venture out. Visit the Eldercare Locator to find services nearby that can help you stay active. Or contact your local senior center to get involved. Send me something in writing. Neighborhood children you know who are selling Girl Scout cookies or school fundraising items may be an exception, but a good rule of thumb is to never donate if it requires you to write your credit card information on any forms. And always take your time in making a decision. Shred all receipts with your credit card number. Identity theft is a huge business. To protect yourself, invest in a paper shredder. Monitor your bank and credit card statements and never give out personal information over the phone to someone who initiates the contact with you. Be careful with your mail. Do not let incoming mail sit in your mailbox for a long time. When sending out sensitive mail, consider dropping it off at a secure collection box or directly at the post office. You also can regularly monitor your credit ratings and check on any unusual or incorrect information at [www.annualcreditreport.com](http://www.annualcreditreport.com). To get more tips on protecting yourself from fraud, visit [On Guard Online](http://OnGuardOnline.gov), which has interactive games to help you be a smarter consumer on issues related to spyware, lottery scams, and other swindles. Use direct deposit for benefit checks to prevent checks from being stolen from the mailbox. Using direct deposit ensures that checks go right into your accounts and are protected. Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call. Misuse of Medicare dollars is one of the largest scams involving seniors. Common schemes include billing for services never delivered and selling unneeded devices or services to beneficiaries. Protect your Medicare number as you do your credit card, banking, and Social Security numbers and do not allow anyone else to use it. Be wary of salespeople trying to sell you something they claim will be paid for by Medicare. Be skeptical of all unsolicited offers and thoroughly do your research. Be an informed consumer. Take the time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help you make difficult decisions. Also, carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing. Understand all contract cancellation and refund terms. As a general rule governing all of your interactions as a consumer, do not allow yourself to be pressured into making purchases, signing contracts, or committing funds. These decisions are yours and yours alone. Protect your loved ones: Signs to look for If you know or care for an older adult, here are some additional warning signs that may indicate they are the victim of financial abuse: The senior suddenly appears confused, unkempt, and afraid. Utility, rent, mortgage, medical, or other essential bills are unpaid despite adequate income. A caregiver will not allow others access to the senior. Anyone who suspects elder abuse, neglect, or exploitation should make a report. APS services are confidential, so the reporter may not be able to learn the outcome of the case. APS respects the right of older persons to make their own decisions and to live their lives on their own terms. In cases of cognitive impairment, however, APS will take steps to protect the older person to the degree possible. Cancel any debit or credit cards linked to the stolen account. Reset your personal identification numbers. Also, contact legal services and Adult Protective Services if warranted. Improving the health and economic security of 10 million older adults by

### 4: 10 Ways To Protect Yourself From Identity Theft

*If a situation is dangerous for you, it's dangerous for your animals -- and they usually don't have the means to protect themselves. [11] To avoid losing your pets during an evacuation or tsunami situation, keep animals on leashes or in carriers.*

Do not go outside unless it is absolutely necessary. When the winds get very strong, you are in danger of being hit by flying objects. Children should not be taken outside, since they may be in danger of being blown away. If you are away from home, remain where you are until the hurricane has passed. Many people have lost their lives trying to go from one place to another. Keep a hurricane lamp burning, as it may make the night more tolerable. If the house shows signs of breaking up, stay under a table or stand in a sturdy closet. Be prepared for material falling from the ceiling. If your glass windows have not been boarded up, place a large heavy object in front of the window to protect yourself and others from splintering glass. Your ability to act logically is important. Listen to the radio for information on what is happening. After a Hurricane Seek medical attention at first-aid stations, hospitals or clinics for persons injured during the storm. Do not touch loose or dangling electrical wires. Report these to the power company, the nearest police station or parish council. Report all broken sewer or water mains directly to the parish council, the public works department or water resources authority for your area. Do not empty water stored in bathtubs or other receptacles until safe drinking water is restored. Boil all drinking water until you are sure that a safe water supply has been restored. Watch out for fallen trees. Collect fallen branches and other debris and pile them where they can be easily collected. Do not go outside barefooted. Avoid wearing open shoes and watch out for broken glass.

### 5: CDC - What Can I Do to Reduce My Risk of Skin Cancer?

*If you are caught in a hail of smaller pyroclastics, crouch down on the ground, facing away from the volcano, and protect your head with your arms, a backpack, or anything else you can find. 6 Avoid exposure to poisonous gases.*

How can humans protect themselves from the force of a tornado? Just hide in a basement and cover yourself with thick pillows or blankets. And never stand in front of a tornado. You can also hide under a table to avoid moving objects from hitting you. If there is a tornado, the first thing you need to do is stay calm. Panic can cause confusion. Get inside right away. Stay away from cars, buses and mobile homes. Get in a cellar or basement. If you live in a mobile home or you are in a car or vehicle, get to a close building and take cover there. If there is no close buildings near by, get to a ditch and cover your face and neck with your arms. Never try to outrun a tornado. Tornadoes can reach speeds up to 70 mph and wind speeds up to mph. What do people do to protect themselves from floods? Floods are obviously caused by heavy rainfall. This creates two hazards, the flooding of waterways, and the increase of landslips. As to waterways, usually records will be available as to historic floods in the area. Landslides are a rather different matter. If a hill surface is steeper than its rest angle, it will slip if it becomes saturated with water. This tendency is increased by the removal of forest and ground cover, and when a hillside is urbanized, the stormwater will be discharged much more quickly. From the roofs etc. One early effect of climate warming is to increase the amount of water vapour evaporated into the air. This will eventually be deposited as rainfall, or if transported to higher latitudes, as snow. If you are a believer in climate change, then you may expect higher monsoon floods, generally higher rainfalls, and an increase in landslips. If you are not such a believer, you may just be mildly surprized. So to the Q. Bear the above in mind when purchasing a property. They went into the Louisiana Superdome Share to: People can protect themselves from volcanoes by wearing goggles, having a battery-operated radio, and wearing breathings masks. How do people in the US protect themselves from tornadoes at home? They listen for warnings. If one is issued they go to their basement, cellar, or some other room deemed safe from tornadoes, preferably one in the center part of the house. People who live in trailers leave for studier shelter. Some trailer parks have storm shelters. Move away from where tornados happen, Dig a basement, live underground, buy insurance, Extend the roofline to the ground, Install metal or hurricane resistance shingles.

### 6: ODPEM: Protect Yourself From Hurricanes

*10 Ways To Protect Yourself From Identity Theft Shielding your private information with no risk of a breakdown may be impossible these days. But there are some simple ways to protect you from becoming a victim of Identity Theft.*

Nevertheless, as far away as Tokyo, kilometers to the south, the city government says small amounts of the radioactive iodine and cesium have been detected in the air. Higher levels of radioactive materials have been monitored closer to the plant, prompting the government to order the evacuation of residents within a kilometer radius. As a precautionary measure against radiation exposure, the Japanese have also distributed , units of potassium iodide tablets , comprising a stable form of iodine, to evacuation centers in the area around the Fukushima Daiichi and Fukushima Daini nuclear power complexes, according to the International Atomic Energy Agency IAEA. Potassium iodide, which is available in the U. Thyroid cancer ended up being the biggest negative health impact caused by the Chernobyl nuclear reactor disaster, according to a report issued last month by the United Nations Scientific Committee on the Effects of Atomic Radiation. Fifteen of these people had died as of Other makers of the substance have announced similar shortages. The thyroid is like a sponge for iodine. One pill is good for 24 hours, but then you have to take another pill. Is thyroid cancer the foremost risk when radioactive iodine is in the air? Still, the two main elements of concern from a radiation leak would be radioactive iodine and cesium, [the latter of] which has a half-life of 30 years, so it stays around for a little while. Would potassium iodide protect a person from other forms of cancer? No, this is unique. These potassium iodide pills are not magic pills. Assuming there is more than radioactive iodine in the air, what can people do to protect themselves? There is no protective agent against other cancers. The protective measures are to evacuate, get as far away from the radiation exposure as you can so that your dose is much lower. If you do get some exposure to radioactive elements, take a shower and wash them off immediately. The radiation leak at Fukushima Daiichi appears to have increased demand for potassium iodide in the U. Is this a necessary precaution? I have experience studying the effects of radioactive iodine on adults and, based on that, it actually looks like the adult thyroid gland is not very sensitive to the cancer-producing effects of radiation. One of the things we have learned about studying the after-effects of Chernobyl is that the kids who lived in areas of radioactive fallout who drank contaminated milk had a huge increase in thyroid cancer related to radioactive iodine. Something on the order of 6, extra cases of thyroid cancer occurred among the children that had been exposed to increased radioactive iodine. The benefit is miniscule because our thyroid glands are not that sensitive.

### 7: How to Protect Yourself in a Hurricane | Sciencing

*With wind speeds reaching kilometers ( miles) per hour, these storms can cause catastrophic property and personal damage. Learning to protect yourself from a hurricane is essential if you live in susceptible areas, notably the southeastern United States.*

Wrap on sunglasses to protect the eyes and skin around them. Seek shade An obvious but very important way to limit your exposure to UV light is to avoid being outdoors in direct sunlight too long. This is particularly important between the hours of 10 am and 4 pm, when UV light is strongest. UV rays reach the ground all year, even on cloudy or hazy days, but the strength of UV rays can change based on the time of year and other factors. UV rays become more intense in the spring, even before temperatures get warmer. Be especially careful on the beach or in areas with snow because sand, water, and snow reflect sunlight, increasing the amount of UV radiation you get. Some UV rays can also pass through windows. Tinted windows help block more UVA rays, but this depends on the type of tinting. If you do have your car windows tinted, check local laws, as some states regulate this. If you plan to be outdoors, you may want to check the UV Index for your area. Protect your skin with clothing When you are out in the sun, wear clothing to cover your skin. Clothes provide different levels of UV protection. Long-sleeved shirts, long pants, or long skirts cover the most skin and are the most protective. Dark colors generally provide more protection than light colors. A tightly woven fabric protects better than loosely woven clothing. Dry fabric is generally more protective than wet fabric. If you can see light through a fabric, UV rays can get through, too. It tends to be more tightly woven, and some have special coatings to help absorb UV rays. Some products, which are used like laundry detergents in a washing machine, can increase the UPF value of clothes you already own. They add a layer of UV protection to your clothes without changing the color or texture. Sunscreen should not be used as a way to prolong your time in the sun. Even with proper sunscreen use, some UV rays still get through. Because of this, sunscreen should not be thought of as your first line of defense. Sunscreens are available in many forms – lotions, creams, ointments, gels, sprays, wipes, and lip balms, to name a few. Some cosmetics, such as moisturizers, lipsticks, and foundations, are considered sunscreen products if they have sunscreen. Some makeup contains sunscreen, but you have to check the label – makeup, including lipstick, without sunscreen does not provide sun protection. Read the labels When choosing a sunscreen, be sure to read the label. Sun protection factor SPF: The SPF number is the level of protection the sunscreen provides against UVB rays, which are the main cause of sunburn. For example, when applying an SPF 30 sunscreen correctly, you get the equivalent of 1 minute of UVB rays for each 30 minutes you spend in the sun. So, 1 hour in the sun wearing SPF 30 sunscreen is the same as spending 2 minutes totally unprotected. People often do not apply enough sunscreen, so they get less actual protection. The higher you go, the smaller the difference becomes. No sunscreen protects you completely. Sunscreens with an SPF lower than 15 must now include a warning on the label stating that the product has been shown only to help prevent sunburn, not skin cancer or early skin aging. Some of the chemicals in sunscreens that help protect against UVA rays include avobenzone Parsol , ecamsule, zinc oxide, and titanium dioxide. Only broad spectrum sunscreen products with an SPF of 15 or higher can state that they help protect against skin cancer and early skin aging if used as directed with other sun protection measures. Most sunscreen products are good for at least 2 to 3 years, but you may need to shake the bottle to remix the sunscreen ingredients. Sunscreens that have been exposed to heat for long periods, such as if they were kept in a glove box or car trunk through the summer, may be less effective. Be sure to apply the sunscreen properly Always follow the label directions. Most recommend applying sunscreen generously. When putting it on, pay close attention to your face, ears, neck, arms, and any other areas not covered by clothing. Ideally, about 1 ounce of sunscreen about a shot glass or palmful should be used to cover the arms, legs, neck, and face of the average adult. Sunscreen needs to be reapplied at least every 2 hours to maintain protection. Sunscreens can wash off when you sweat or swim and then wipe off with a towel, so they might need to be reapplied more often. Always be sure to read the label. Some sunscreen products can irritate your skin. Many products claim to be hypoallergenic or dermatologist tested, but the only way to know for sure if a product will irritate your

skin is to try it. One common recommendation is to apply a small amount to the soft skin on the inside of your elbow every day for 3 days. If your skin does not turn red or become itchy, the product is probably OK for you. Wear a hat A hat with at least a 2- to 3-inch brim all around is ideal because it protects areas that are often exposed to intense sun, such as the ears, eyes, forehead, nose, and scalp. A dark, non-reflective underside to the brim can also help lower the amount of UV rays reaching the face from reflective surfaces such as water. A shade cap which looks like a baseball cap with about 7 inches of fabric draping down the sides and back also is good, and will provide more protection for the neck. These are often sold in sporting goods and outdoor supply stores. A baseball cap protects the front and top of the head but not the neck or the ears, where skin cancers commonly develop. Straw hats are not as protective as hats made of tightly woven fabric. Wear sunglasses that block UV rays UV-blocking sunglasses are important for protecting the delicate skin around the eyes, as well as the eyes themselves. Research has shown that long hours in the sun without protecting your eyes increase your chances of developing certain eye diseases. Before you buy, check the label to make sure they do. Darker glasses are not necessarily better because UV protection comes from an invisible chemical in or applied to the lenses, not from the color or darkness of the lenses. Look for an ANSI label. Large-framed and wraparound sunglasses are more likely to protect your eyes from light coming in from different angles. Children need smaller versions of real, protective adult sunglasses – not toy sunglasses. Ideally, all types of eyewear, including prescription glasses and contact lenses, should protect against UV rays. Some contact lenses are now made to block most UV rays. Avoid tanning beds and sun lamps Many people believe the UV rays of tanning beds are harmless. This is not true. Most skin doctors and health organizations recommend not using tanning beds and sun lamps. If you want a tan, one option is to use a sunless tanning lotion, which can provide a darker look without the danger. Small UV lamps are also used in nail salons or at home to dry some types of nail polish. These lamps give off UVA rays. The amount given off is much lower than from tanning beds, and the risk of skin cancer from these lamps is thought to be low. Still, to be safe, some expert groups recommend applying sunscreen to the hands before using one of these lamps. Protect children from the sun Children need special attention. They tend to spend more time outdoors, can burn more easily, and may not be aware of the dangers. Parents and other caregivers should protect children from excess sun exposure by using the steps above. You should develop the habit of using sunscreen on exposed skin for yourself and your children whenever you go outdoors and may be exposed to large amounts of sunlight. Children need to be taught about the dangers of too much sun exposure as they become more independent. If you or your child burns easily, be extra careful to cover up, limit exposure, and apply sunscreen. Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin only if adequate clothing and shade are not available. Sun exposure and vitamin D Vitamin D has many health benefits. It might even help lower the risk for some cancers. Your skin makes vitamin D naturally when you are in the sun. How much vitamin D you make depends on many things, including how old you are, how dark your skin is, and how strong the sunlight is where you live. A lot of research is being done in this area.

### 8: How to Survive a Tsunami (for Kids) (with Pictures) - wikiHow

*Protect children by reapplying sunscreen often with an SPF of at least 15, having them play in the shade and wear protective clothing. 8. Babies under the age of 6 months should never be in direct sunlight and should always wear a hat and clothing that protects them from UV rays.*

Videos Ten Ways to Protect Your Online Identity Using the Internet has become a way of life for everyone; people from all over the world use the Internet on a regular basis, for work, pleasure or both. As a result, people are more susceptible to online scams, security threats and more. Internet users have been struggling to protect their online security and identity for years. With the rise in use of social media sites and networks, people are making more personal information available to the online world, making it more difficult to protect valuable information. Fortunately, there are a variety of ways to protect your online identity and personal information. Here are ten ways to protect yourself online:

**Passwords** The most common way to protect your online identity is to focus on creating strong passwords. When creating a password, choose something that will not be easily cracked or decoded. Mix up the letters and numbers used in your password and use symbols and a combination of upper and lower case numbers when possible in order to protect yourself from online security breaches. Additionally, it is important to never share your password with anyone. It might be necessary to change your passwords a few times each year. Look for Encryption Before making any sort of financial transaction online, look for signs that show whether the website is encrypted or not. To do this, look for two things: At the same time, a lock symbol will also appear on the right side of the address bar or at the bottom left of your browser window. This keeps your name, phone number, address, credit card number and other sensitive information from being seen by anyone else.

**Security Suites** Security suites are security programs that keep dishonest people and programs from infecting your computer and stealing information and data from you. This includes blocking harmful software such as spyware, viruses, and phishing scams that can be installed secretly when you are online. Be sure to purchase and install one of these suites to protect your personal information online.

**Web Browser Blacklisting** The lack of Internet security is partially due to the Internet browser being used. Many web browsers have additional security options such as blacklisting. This allows you to set the criteria for sites you will be navigating; only secure, trusted sites will be available to visit.

**Learning about Phishing Scam** Phishing scams use a variety of methods to obtain your personal information and steal your identity. There are many different phishing scams out there, but they can be avoided by educating yourself on how to recognize them. Additionally, avoid anyone offering money, unfamiliar job opportunities or requests for donations to charities as this might be a plot to obtain your personal information and online identity.

**Private Data Protection** Another way to protect your online identity and sensitive information when sharing it online is to get private data protection. This type of security suite will protect any private data that is included in emails, private messenger programs, social media sites or in various blogs. By employing a private data protection suite, you can further prevent hackers from gathering your personal information.

**Password-Protect Your Wireless Router** A wireless router that accesses the Internet at your home or business should always be password protected. When you do not have a password on your wireless network, anyone in your range can use and access your Internet, even a hacker. A hacker with experience committing cyber crimes will use this to their advantage and steal information from your computer while accessing your router. You should also enable the encryption feature on the wireless router which scrambles any data you send online to further protect your sensitive data. Any time you get a new computer or download and install a new browser, you can first configure it. Be sure to take this extra step when downloading or installing a browser to ensure your privacy and safety.

**Enable Cookies on Your Web Browser** When Required Another option for setting up your browser to protect your online data is by enabling cookies only when required by a website. These cookies are details websites store on your computer, including information about what sites you visit and what you do there. Most of them keep the details to themselves, but this is also a way dishonest people get your information. You want cookies to be enabled, but to limit them only to websites that require it.

**Protect your Credit Card Info** Lastly, you should consider taking extra steps to

## CAN PEOPLE PROTECT THEMSELVES? pdf

protect your credit card information. Of course, you should be sure the transaction page is encrypted from the steps listed above, but you should also be wary of where you make credit card payments. If a debit card is used and a hacker gets your information, they could gain access to your bank account as well. As the percentage of the population using the Internet increases, so do the security risks. The threat has become so widespread that the U.

### 9: How do people protect themselves from tornadoes

*When tornadoes strike, proper shelter can make the difference between life and death. Because of this, many organizations make it their goal to protect those who find themselves in the path of.*

Inflation may occur when there is too much money in the system, which leads to an escalation in the price of goods. The prime indicator of this effect is that, while minimum wages have increased, the overall price of goods has outpaced the average salary increases of recent years. Inflation is less dramatic than a stock market crash, but it can be more devastating to your portfolio. To learn more, refer to [Coping With Inflation Risk](#). [Invest in Stocks](#) Despite the lack of confidence most people express about stocks, owning some equities can be a very good way to combat inflation. The basic premise is that corporations will sell their goods at increasing prices, which will lead to elevated revenues, earnings, and, inevitably, stock prices. Therefore, some of the best companies to own during inflation would also be those companies that can increase their prices naturally during inflationary periods. Commodity resource companies are one example. Products like oil, grains, and metals enjoy pricing power during periods of inflation. Thus, if a company experiences rising expenses in tandem with inflation, price increases alone are not enough to justify equity appreciation. Look for businesses such as commodity firms or healthcare names that possess the strongest profit margins. Finally, never underestimate the value of dividends during periods of inflation. Dividends increase the total return of a portfolio. Find out which futures, options, or funds will be your perfect commodity portfolio fit. Although many experienced real estate investors are able to find hidden values in properties, most individuals should focus on purchasing a home with the intent of holding it, even if for only a couple years. Mortgages for homes come in all varieties, although the general premise is essentially the same. Like land, home prices tend to increase in value on an average year-over-year basis. Real estate bubbles are usually followed by correctional periods, sometimes causing homes to lose over half of their value. Still, on average, housing prices tend to increase, counteracting the effects of inflation. Rather than holding money in a savings account, which will cause a major loss in purchasing power by the time you retire, real estate investments have the opposite effect. More than stocks, bonds, or houses, investing in oneself is the easiest and most effective way to combat inflation and any form of economic turmoil. Here are some pros and cons to consider before you take the charter plunge. [The Worst Tax Inflation](#) is often referred to as the worst tax because its effects go unnoticed by most people. Learn to understand the causes and effects of inflation, and how you can protect your assets from its hidden tentacles. [Trading Center](#) Want to learn how to invest? Get a free 10 week email series that will teach you how to start investing. Delivered twice a week, straight to your inbox.

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