

# Keeping Seniors Safe Online

**59% of adults over 65 use the Internet**

- 71% go online every day
- 82% use Internet at least weekly
- 88% use email
- 46% use social media

- WHY?**
- 75% to communicate with family and friends
  - 58% to shop
  - 53% for health information



**Be wary of messages that:**

- Offer free gifts, prizes, vacations or say you've "won" something
- Are "too good to be true"
- Offer discounts on medicines and health care
- Are from government agencies including Social Security or IRS
- Are from banks or credit card providers
- May be from family or friends but are written in a style that person doesn't normally use
- Have ultimatums or threats
- Ask you to provide personal information—especially your Social Security number, address, bank account or credit card number

▶ **BE SKEPTICAL!**

- ▶ Don't open any emails unless you're 100% sure who they are from.
- ▶ Never open attachments or click links unless you know they are safe.
- ▶ Call your bank, credit card agency or government office if you receive ANY messages from them to verify they are authentic.
- ▶ The IRS will ONLY communicate with people via mail.
- ▶ Be cautious about forwarding or sharing anything—even if you think it's OK.
- ▶ When shopping or banking online, always make sure the first part of the website address begins with https:// - the "s" means the data is encrypted and providing your information is safe.
- ▶ Have passwords that are long, strong, unique and not easily guessed.



**When in doubt...  
Throw it out!  
Delete it!  
Ignore it!**



**Don't hesitate to report  
suspicious or  
threatening messages  
to authorities.**