



Keep Your Accounts Safe — One Page

A free Lumaset Foundation cheat sheet · keep this by your phone

Your email is the master key

Protect it first.

Passwords

Use a long **passphrase** (3-4 random words). Longer beats trickier. **Never reuse** a password — one unique password per account. Let a **password manager** (built into your phone/browser, free) remember them.

Turn on 2FA everywhere (the #1 protection)

Settings > Security > 2-Step Verification. Best to strongest: text code > authenticator app > **passkey** (fingerprint/face, phishing-resistant). **Save your backup codes.**

Never get fooled by a fake login page

Do not log in from a link — type the address or use a **bookmark**. Check the **web address** every time. If your password manager won't autofill, it is probably a **fake page** — leave.

If you are hacked (in order)

Change password from another device · turn on 2FA · check recovery + remove strange forwarding/filters · use official account recovery · warn contacts **IdentityTheft.gov**.