POLSON POLICE FOUNDATION | LAKE COUNTY, MONTANA

Cybersecurity for First Responders

Practical personal cybersecurity guidance for Lake County responders and families.

Protect Your Main Email

- Use a unique password or passkey and enable multifactor authentication.
- Never approve a sign-in you did not start.
- Review recovery methods and active sessions.

Protect Your Phone

- Use a strong passcode and install security updates.
- Review app access to location, photos, microphone and contacts.
- Know how to remotely locate or erase the device.

Slow Down Urgent Messages

- Treat unexpected resets, links, QR codes, payment requests and MFA prompts as unverified.
- Verify supervisor or coworker requests through a known channel.
- Never give a verification code to someone who contacts you.

If an Account Is Compromised

- Use a known-good device to change the password.
- Review sessions, recovery methods, MFA, forwarding and mailbox rules.
- Notify agency or IT contacts if work information may be involved.

General educational guidance. Follow agency cybersecurity, records, device, communications and incident-reporting policies.

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