

# Password Security Tips

- Use at least 12 characters in the password.
- Use a multi-word phrase rather than a single word
- Use mixture of upper- and lower-case letters, numbers, and non-alphanumeric characters.
- Use a different password for every site and application.
- Enable two-factor authentication (2FA or MFA) where it is available. This is a security method that requires **two types of evidence** to verify your identity online. One is something you know - your password or security question. The other is a code sent to something you have - your phone or email.
- Too many to remember? Many people have 100 different sites and applications requiring a password. Use a Password Manager to remember the passwords. You then can access all of your passwords saved in the manager using one master password or Face ID.

