

Password hygiene checklist



Password creation



Set a password with a length of 10 to 16 characters.



Use a mix of upper and lowercase letters.



Use numbers and symbols.



Avoid dictionary words and common patterns.



Use a passphrase instead of single words (e.g., GreeN\$#468Thumb!)

Password management



Enable MFA for increased security.



Change passwords at regular intervals.



Don't rotate passwords for the same account.



Avoid reusing the same password across accounts.



Use services like HavelBeenPwned to stay ahead of leaks.

Password don'ts



Never share your password.



Never leave them written anywhere.



Never log in on public WiFi without a VPN.



Never use auto-login on public devices.