For Immediate Release

Contact:
Chris Caldwell
Christopher.Caldwell@orcc.doe.gov
(804) 658-8367

Cyber Monday safety tips from UCOR

Oak Ridge, Tennessee, November 20, 2023 — Cyber Monday is almost here, and cyber threats are higher than ever.

"UCOR takes cyber security seriously. We train our workforce to be on the lookout for threats, especially email 'phishing'," which is becoming more sophisticated every day," said Mandy Vitello, UCOR Chief Information Officer.

With the continuing increase in online shopping and digital transactions, the need to increase your defenses against cyber threats is critical. UCOR's cybersecurity department has the following five tips to help you ensure a secure Cyber Monday and beyond:

1. Use Strong, Unique Passwords:
   - Create complex passwords with a combination of letters, numbers, and symbols.
   - Avoid using easily guessable information like birthdays or common phrases.
   - Use a reputable password manager to keep track of your passwords securely.

2. Enable two-factor authentication (2FA):
   - Enable 2FA wherever possible, adding an extra layer of security to your accounts.
   - 2FA often involves receiving a code or confirmation on your mobile device, making it harder for unauthorized access.

3. Shop on trusted websites:
   - Stick to well-known and reputable online retailers.
   - Look for the security indicator https:// in the URL and a padlock symbol to ensure a secure connection.

4. Beware of phishing emails:
   - Be skeptical of unsolicited emails or messages, especially those with suspicious links or attachments.
   - Avoid clicking on links in emails and only visit official websites directly by typing the URL in your browser.

5. Keep software and antivirus up to date:
   - Regularly update your operating system, browser, and antivirus software to protect against vulnerabilities.
   - These updates often include security patches that guard against new threats.

Follow these cyber safety tips to significantly reduce the risks associated with online shopping on Cyber Monday. Remember that a little precaution can go a long way in ensuring a safe and enjoyable shopping experience.

UCOR is the DOE Oak Ridge Office of Environmental Management's lead environmental cleanup contractor. The company's 2,200+ workers are dedicated to safely reducing environmental risk on the Oak Ridge Reservation while helping DOE's Office of Science and the National Nuclear Security Administration continue their important missions. Learn more about the company at UCOR.com.

-end-

UCOR NR 2023-21