MYELOMA CANADA
MAKING MYELOMA MATTER

Connected Canadians



Digital Literacy Program

Myeloma Canada is proud to partner with Connected Canadians, also a non-profit organization, whose mandate is to foster digital literacy skills amongst Canadian adults. People should be empowered to use technology safely and effectively, to engage with loved ones and enhance quality of life.

Discover below a handful of tips from our latest workshops!

PHISHING SCAMS

What is phishing?

Phishing is when someone attempts to extract private information from you online. Personal information may include passwords, credit card or bank account information, drivers license number, etc. Usually, the goal is to steal your identity or money. Phishing can start with a legitimate-sounding email or text message, and may even seem as if it's coming from someone you know. The intent of phishing is to get you to send the 'person' who contacted you money, financial information or gifts. Sometimes they may even try to trick you into installing a program that sends your information without your consent/knowledge. That's why it's important not to click on any link that seems suspicious and to never download a program attached to the email or message you received.

How to recognize a phishing scam

- The 'From' email address is unusual, and the 'To' email address is not yours (see Sample 1).
- Hovering over links show that they will bring you to another site that does not belong to a legitimate organization.
- There is a prompt to translate from another language (e.g., Hungarian) to English.
- Spelling or grammar errors (see Sample 2).

Sample 1: Unusual 'From', 'To' and 'Subject' information

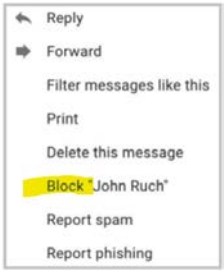
From: **Apple <spx.apple-confirmation@appleitunesid.onmicrosoft.com>**
Sent: **Monday, February 14, 2022 4:32 PM**
To: **service@appleid.com**
Subject: **Your receipt purchase confirmation #ILL12ERRK7SI**

Sample 2: Watch out for spelling or grammar errors, clickable links or calls to take action like unsubscribe

If you didn't make this subscription purchase or if you believe an unauthorized person is attempting to access youraccount, click here to cancel you subscription and get refund.

Tips & tricks: How to protect yourself in the future

- Ignore communications from unknown contacts
- Block suspicious senders by right clicking on the email to open the menu
- Do not reply or unsubscribe to spam messages
- Update your antivirus software on all your devices
- Do not open attachments or links
- Reputable organizations will never ask for your personal information



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RECOGNIZING FAKE NEWS



What is fake news?

Making up or embellishing stories to sell newspapers or elicit website clicks. Fake news are entry points for hackers attempting to steal personal information, are meant to change beliefs, attitudes, perceptions, or mislead.

Different types of fake news

- **Misinformation** refers to false information that is not intended to cause harm.
- **Disinformation** refers to false information that is intended to manipulate, cause damage, or guide people, organizations, and countries in the wrong direction.
- **Malinformation** refers to information that stems from the truth but is often exaggerated in a way that misleads and causes potential harm.

For more information visit:
https://www.cyber.gc.ca/en/guidance/how-identify-misinformation-disinformation-and-malinformation-itsap00300

How does fake news spread?

In this internet era, many people share online stories without reading them entirely or verifying if they are true. Popular disinformation is often recycled over and over again on social media. Using reputable reference sources such as www.snopes.com can help clarify information that comes from the Internet. Snopes is a fact-checking site and reference source for urban legends, folklore, myths, rumours, and misinformation.

How to be a critical information consumer?

- Are you getting the full story? Are the details in the story thin or unavailable?
- Read more than just the headline. Check the source by hovering over the link.
- Go right to the source when you see the link is a reputable news source.
- Look up the publisher to see if they have a real and credible website and social media platforms.
- Look up the writer, producer, or editor.
- Is the story satire? Satire or comedy is usually labelled.
- When was the story published?
- Searching for a few keywords will tell you how many other organizations are reporting the same information.



Using professional services

Amongst other resources, Connected Canadians is also there to help, offering one-on-one support sessions and workshops.

For more information:
1-877-304-5813 (toll-free Canada)
613-699-7896 (Ottawa)
info@connectedcanadians.ca

See more myeloma resources at www.myeloma.ca