

The Rise of Cyber Threats: How to Protect Your Computer and iPhone from Hackers

Are you aware of the increasing cyber threats that exist today? With the advancement of technology, cybercrime has become one of the most significant threats to individuals, businesses, and governments worldwide. Hackers and cybercriminals have become more sophisticated in their methods, making it difficult for individuals to protect themselves against these threats. In this article, we will discuss the current state of cyber threats, their impact, and how to protect your computer and iPhone from hackers.

The Current State of Cyber Threats

Cybercrime is on the rise, and the numbers are staggering. According to a report by Cybersecurity Ventures, the global cost of cybercrime is projected to reach \$10.5 trillion annually by 2025. In 2020, there was a 600% increase in phishing attacks, and ransomware attacks increased by 150%. Moreover, a study by Accenture found that the average cost of cybercrime for an organization has increased by 50% in the last five years.

The Impact of Cyber Threats

The impact of cyber threats can be devastating. Not only can it result in financial loss, but it can also cause reputational damage and loss of sensitive data. The following are some examples of the impact of cyber threats:

- In 2017, the WannaCry ransomware attack affected over 300,000 computers in 150 countries, causing losses of over \$4 billion.
- In 2019, Capital One suffered a data breach that affected over 100 million customers, resulting in a \$80 million fine.
- In 2020, Garmin was hit by a ransomware attack that caused disruptions to their services for several days.

How to Protect Your Computer and iPhone from Hackers

While it may seem daunting to protect yourself against cyber threats, there are several steps you can take to minimize the risks. The following are some tips to protect your computer and iPhone from hackers:

Computer

- Keep your software up to date: Ensure that your operating system, antivirus, and other software are up to date to protect against known vulnerabilities.
- Use strong passwords: Use strong passwords and enable two-factor authentication for added security.
- Be cautious of emails: Do not open emails from unknown senders, and be wary of attachments or links in emails, even if they appear to be from a trusted source.
- Backup your data: Regularly backup your data to prevent data loss in case of a cyber attack.
- Use a VPN: A Virtual Private Network (VPN) can encrypt your internet connection and protect your online activity.

iPhone

- Keep your software up to date: Ensure that your iPhone and apps are up to date to protect against known vulnerabilities.
- Use strong passwords: Use strong passwords and enable two-factor authentication for added security.
- Be cautious of apps: Only download apps from trusted sources, and be wary of apps that request access to your personal information.
- Enable Find My iPhone: In case of theft or loss, enable Find My iPhone to track and remotely wipe your device.
- Turn off Bluetooth and Wi-Fi when not in use: This prevents unauthorized access to your device.

Conclusion

The rise of cyber threats is a growing concern that requires individuals and organizations to take proactive measures to protect themselves. By following the tips discussed in this article, you can minimize the risks and protect your computer and iPhone from hackers. Remember, prevention is always better than cure, so be cautious and vigilant in your online activity.