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# Back up your data before it goes under

**How much do you value your data? You should regularly back them up onto at least one second medium, and always check that your data have actually been backed up, too.**

Text documents, emails, photos, videos, music and plenty more are stored as digital files on our computers, smart-phones and tablets. We can't guarantee that they won't get lost, however – things get deleted by mistake, there might be a technical issue, your device might be stolen, or you might pick up a virus. **That's why you should regularly back them up onto at least one alternative medium.**

There is also an [interview with security expert Maurizio Tuccillo \(https://hub.hslu.ch/informatik/sichern\)](https://hub.hslu.ch/informatik/sichern) you can read on this topic (in German).

Check the [s-u-p-e-r.ch \(http://www.s-u-p-e-r.ch\)](http://www.s-u-p-e-r.ch) website and «eBanking – but secure!» (EBAS) (<https://www.ebas.ch/en/> (<https://www.ebas.ch/en/>)) from 3 May onwards to discover the dangers you need to be aware of, and what simple steps you can take to protect yourself.

Further information:

[www.s-u-p-e-r.ch/en/s-u-p-e-r-tipps/s-for-save/](https://www.s-u-p-e-r.ch/en/s-u-p-e-r-tipps/s-for-save/) (<https://www.s-u-p-e-r.ch/en/s-u-p-e-r-tipps/s-for-save/>)

[www.ebas.ch/step1](http://www.ebas.ch/step1) (<http://www.ebas.ch/step1>)

<https://youtu.be/fPC5jNAnw44>

## Backups stop the worst happening

*“I do backups as quickly and as often as I can, so I don't lose my photos, contacts and other stuff if I lose my phone or it won't work.”*

Kaya, a student, knows from personal experience how useful it is to back up your smartphone data regularly.