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# National back-up awareness campaign

**Backing up your data regularly is crucial and makes a significant contribution to improving cyber security. If you have a back-up of all your data to fall back on, you are always on the safe side, for instance if your data are encrypted by cyber-criminals or you lose your device.**

The summer holidays are over. There are many pictures to remind us of wonderful moments and new friends we made. Once all their photos, contacts or other important data are lost though, this is sometimes the first time many people realise just how important data back-ups are. By then however, it is too late. The [S-U-P-E-R.ch \(https://www.s-u-p-e-r.ch/en/tipps/s-for-save/\)](https://www.s-u-p-e-r.ch/en/tipps/s-for-save/) awareness campaign therefore currently focuses on the “S” as in “saving” your data. Back-ups don’t just protect against losing your data due to devices breaking or theft, but will also provide support in case of cyber attacks and blackmail attempts.



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

This month, the NCSC, the SKP and the cantonal police force supported by [iBarry \(https://www.ibarry.ch/en/\)](https://www.ibarry.ch/en/) and “eBanking – but secure!” (EBAS) (<https://www.ebas.ch/en/>) are raising the awareness of the Swiss population of just how important data back-ups are. Educational videos on the [S-U-P-E-R.ch \(https://www.s-u-p-e-r.ch/en/tipps/s-for-save/\)](https://www.s-u-p-e-r.ch/en/tipps/s-for-save/) website provide key information. And with the knowledge acquired there and a bit of luck, you don’t just stand to win more cyber security, but also a price in their competition.