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# Protect your digital health

Regular updates and up-to-date antivirus software have an important role to play in ensuring your cyber security. Supported by “eBanking – but secure!”, the Bundesamt für Cybersicherheit, the Schweizerische Kriminalprävention and the cantonal and municipal police forces have launched an awareness campaign dealing with this topic.

Under the motto “Fördern Sie Ihre digitale Gesundheit” (Promote your digital health), the “[S-U-P-E-R.ch](https://www.s-u-p-e-r.ch) (<https://www.s-u-p-e-r.ch/>)” campaign raises awareness, focusing on the topics of updates and antivirus software.



This campaign picks up on the idea of maintaining a healthy lifestyle, which has been trending for several years now. But what about your digital health? By regularly updating operating systems, programs and apps as well as using up-to-date antivirus software, you can protect digital devices against intruders. Such proper protection of your devices will make cyber-attacks much harder – and this goes for companies, organisations and private individuals alike.

## Updates

Can you still remember when exactly you installed your programs and apps? If not, you are like most other users: Time flies, and as long as your software works fine, you wouldn't dream of any risk of problems or dangers.

Outdated software also poses security risks though, making it easy for attackers to take control of a device. Software manufacturers regularly update their software and provide their customers with any changes in the shape of updates.

The following therefore applies: **Regularly run the latest updates for your system and all your programs and apps to ensure you have the latest version!**

You can find out how to do so on the “[S-U-P-E-R.ch](https://www.s-u-p-e-r.ch) (<https://www.s-u-p-e-r.ch/>)” campaign website and also by following our “[Step 3 – Prevent](https://www.ebas.ch/step3) (<https://www.ebas.ch/step3>)”.

We will discuss the topic of antivirus software in one of our upcoming newsletters.

