



CYBER HYGIENE



Co-funded by
the European Union

*ESCAPE. Preparing healthcare professionals for cyberattacks
Project No.2023-1-ES01-KA220-VET-000151536*

Partners



Firla

PRAMMER



ESCAPE. Preparing healthcare professionals for cyberattacks
Project No.2023-1-ES01-KA220-VET-000151536



Co-funded by
the European Union

This project has been co-funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Table of Contents

1. Definition	1
2. General Importance	1
3. Importance in Health and Care, and Impact on Quality of Care	1
4. What Can I Do as a Healthcare Professional?	2
5. More Information	
1. Learning Materials	2
2. Relevant Videos	3
3. Relevant Links	3
6. Bibliography	4



Co-funded by
the European Union



FACTSHEET – CYBER HYGIENE

1. Definition

Refers to the simple practices and steps we can all take to protect our personal information and devices from cyber threats. Some include two-factor authentication, use strong passwords, regular software updates, etc¹.

2. General importance

Most security breaches directly result from bad actors exploiting gaps overlooked by the organisation's current cyber hygiene practices. Cyber hygiene keeps your computers, networks, and data safe from all sorts of cybersecurity risks, including malware, ransomware, and other attacks².

Maintenance is key, as properly operated systems are more efficient. Lack of maintenance leads to fragmentation, outdated programmes, and, as a result, security gaps. Cyber hygiene prevents data breaches and identity thefts and reduces financial, reputational and operational risks¹.

3. Importance in health and care, and impact in quality of care

Cyber hygiene has a notorious importance in healthcare due to the sensitivity of patient data and the reliance on digital systems for diagnosis, treatment, and communication. Just like basic hygiene in clinical care, cyber hygiene prevents cyber incidents. Consequently, breaches in security measures can lead to ransomware attacks that may paralyse hospital operation, leak private information, or risk patient safety if medical devices are compromised³.

Impact on quality of care also implies a loss of trust in health institutions, which may discourage patients from sharing vital information for their treatment. For these reasons, keeping good cyber hygiene not only preserves quality of care but also ensures patient safety and sustains public trust.



4. What can I do as a healthcare professional?

- Use preventive measures such as strong passwords and enable two-factor authentication.
- Regularly update software, apps and medical devices.
- Be alert to cyber threats (phishing emails, suspicious links) and immediately report any irregularities.
- Take part in cybersecurity training and keep up with how to respond to incidents and the impact of patient data protection.

5. More information

5.1 Learning Materials

- [Cybersecurity for your sector \(JGT-1\)](#).
- [Web seminars about key aspects of cibersecurity \(JGT-3\)](#).
- [Awareness kit about cibersecurity in enterprises \(JGT-4\)](#).
- [Cibersecurity guide for healthcare sector \(EU scope\) \(JGT-7\)](#).
- [Cibersecurity training from National Cryptographic Centre of Spain. Requires National login \(JGT-8\)](#).
- [General training \(71 infopacks\) about cibersecurity descriptions. Provided by cryptographic National centre. \(JGT-10\)](#).
- [An overview of cybersecurity in healthcare, focusing on the role of AI and its regulatory framework. \(IST-39\)](#).
- [Educational project on safe and responsible digital use. \(IST-41\)](#).
- [IT Security Requirements and Protective Measures – Tips and Practical Examples \(BBS-42\)](#).
- [An integrated cybernetic awareness strategy to assess cybersecurity attitudes and behaviours in school context \(PRAMMER-31\)](#).
- [Gamification and Serious Games for Cybersecurity Awareness and First Responders Training: An overview \(PRAMMER-33\)](#).
- [A Serious Game for Healthcare Industry: Information Security Awareness Training Program for Hospital Universiti Kebangsaan Malaysia \(PRAMMER-34\)](#).
- This learning material highlights the growing role of media in the healthcare and welfare sector for both professional collaboration and client care, including attention to the consequences of media use among vulnerable groups (FIRDA-11)
- Cybersecurity for entities (HIPAA), full pack including checklists (FIRDA-12)
- Video training for professionals and students (FIRDA-14)
- Digital training in cybersecurity, fun and fast questions (FIRDA-15)
- Free e-learning courses on cybersecurity in healthcare (FIRDA-17)
- Free courses to improve digital skills for health care workers (FIRDA-18)
- Online game about cybersecurity, raises awareness. (FIRDA-19)
- Online game about phishing (FIRDA-21)



5.2 Relevant Videos

This video emphasises the significance of upholding fundamental security practices such as consistent software updates, robust passwords, and regular system inspections as a primary measure to safeguard information.

What is Cyber Hygiene?

https://youtu.be/J_jjI0iTL4I?si=P8wY4Fy7-mWSVWnI

The following video explains various types of cyber attacks and discusses effective cyber hygiene prevention strategies.

Cybersecurity Essentials in Healthcare

<https://youtu.be/lqhGqZTiLsk?si=ol7UOkMn1qFvIUqZ>

5.3 Relevant Links

A study of 1,454 ransomware incidents (2016–2023) showed that organisations with inadequate cyber hygiene (D or F) were 35 times more likely to be attacked in a way that caused damage. This shows how important excellent hygiene practices are.

<https://thehackernews.com/2024/09/healthcares-diagnosis-is-critical-cure.html>

According to surveys, using weak passwords, evading security regulations, and not having secure device management (such as BYOD policies) greatly increase the risk of cyberattacks; in fact, many workers put convenience ahead of security.

<https://www.techtarget.com/healthtechsecurity/news/366594401/Employee-Cyber-Hygiene-Is-Critical-to-Healthcare-Cybersecurity>

Experts advocate for incorporating cyber hygiene into nursing and healthcare education, recognising that well-trained employees are the first line of defence against breaches that can jeopardise patient care.

<https://pubmed.ncbi.nlm.nih.gov/37595324/>





6. Bibliography

Cyber Hygiene | ENISA. (2018, 18 enero).
<https://www.enisa.europa.eu/topics/cyber-hygiene>

What is Cyber Hygiene? Definition & Best Practices. (2025, 21 marzo).
SecurityScorecard.
<https://securityscorecard.com/blog/what-is-cyber-hygiene-definition-benefits-best-practices/>

World Health Organization. (2025, 26 marzo). WHO/ Europe launches guide to strengthen cybersecurity in digital health.
<https://securityscorecard.com/blog/what-is-cyber-hygiene-definition-benefits-best-practices/>





ESCAPE. Preparing healthcare professionals for cyberattacks
Project No.2023-1-ES01-KA220-VET-000151536



Co-funded by
the European Union



ISTITUTO DEI SORDI
DI TORINO

Firda

PRAMMER

eolas

BBS
Weser

This project has been co-funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

