

# 8 Ways to Protect Yourself from Phishing Attacks

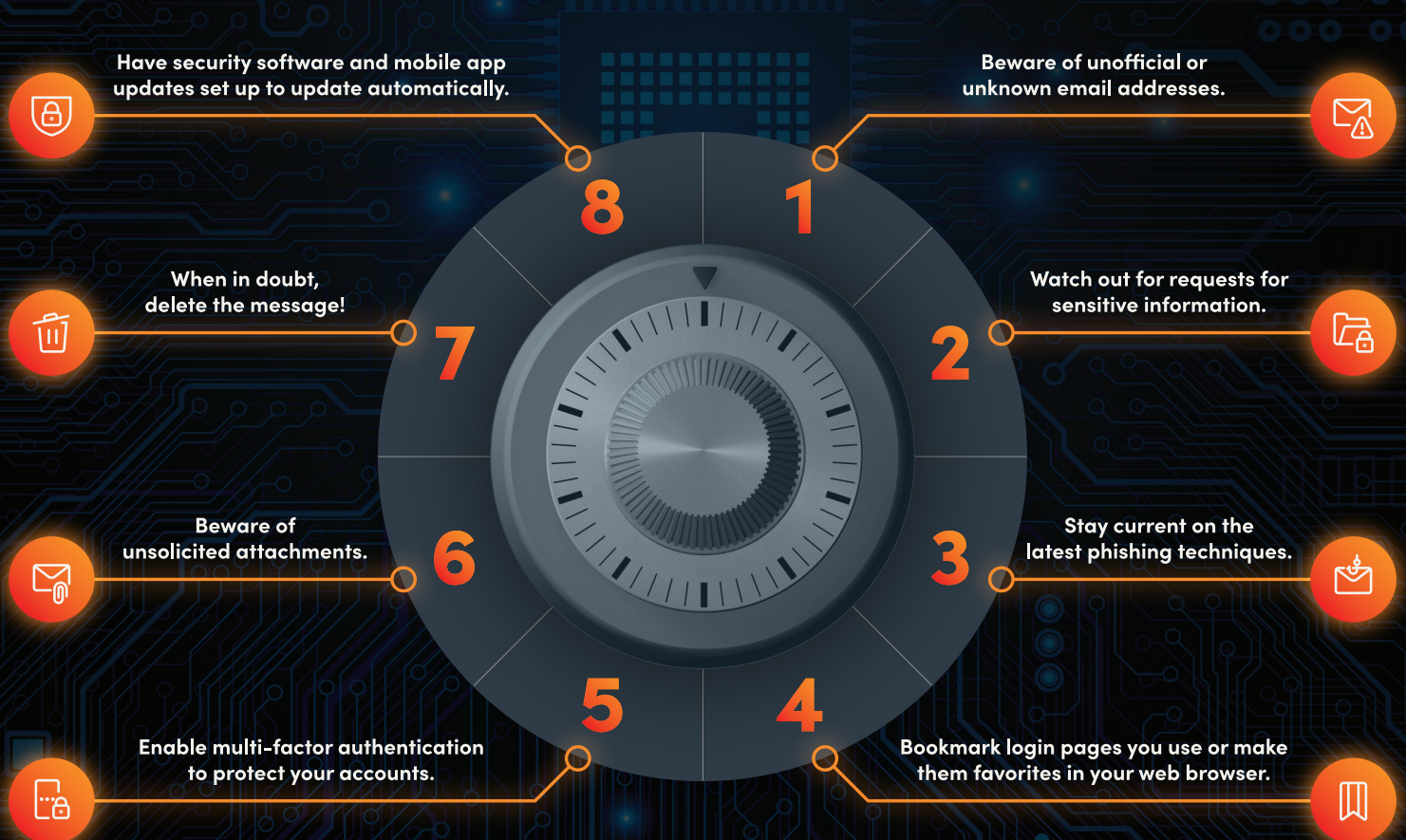
What is phishing? Phishing is a cybercrime where criminals use scam emails, text messages, or phone calls to trick their victims into sharing personal information. Their aim is often to make you visit a website, which may download a virus onto your computer or get you to reveal sensitive data such as account numbers, banking/credit card details, and usernames/passwords.



**73%**

of all data breaches occur from email social engineering attacks.

Source: <https://www.verizon.com/business/resources/reports/dbir/>  
Verizon Data Breach Report



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