



# 10 WAYS TO PROTECT YOUR PRIVACY

## IN THE DIGITAL AGE

### **Get Educated, Stay Informed.**

Educate yourself about the privacy implications of disruptive technologies such as Fifth Generation Wireless Networks (5G), the Internet of Things (IoT) and artificial intelligence (AI), and **stay informed about best practices for protecting your digital privacy** in an evolving digital landscape.

### **Reject Smart Devices.**

Refrain from utilizing IoT devices such as smart home devices, smart appliances, and smart children’s toys that collect massive amounts of data about you and your surroundings.

### **Hardwire Your Connections.**

Opt for hardwired internet connections whenever possible and avoid public Wi-Fi networks to ensure a more private and secure browsing experience.

### **Avoid 5G Phones.**

Do not purchase a 5G phone or connect to 5G services to mitigate the increased location accuracy capabilities of 5G networks, which can lead to more precise tracking of individuals’ movements and activities.

### **Ditch Bluetooth.**

Avoid Bluetooth-enabled products, including wearable devices, to reduce the risk of unauthorized access.

### **Refuse Digital IDs.**

To safeguard your privacy and autonomy, **refuse biometric authentication and refrain from utilizing any type of digital identification**, including central bank digital currencies (CBDCs).

### **Disable Location Tracking.**

Keep your location/GPS antennas disabled to prevent unnecessary tracking of your whereabouts.

### **Decline Tracking Cookies.**

Decline tracking cookies whenever possible to minimize tracking and enhance your online privacy. Cookies are small text files stored on your device that track website browsing.

### **Use VPN Protection.**

Use a virtual private network (VPN) to encrypt your internet traffic and mask your IP address when browsing the web, especially on public Wi-Fi networks.

### **Refuse QR Codes.**

Refrain from using QR codes to avoid scams and tracking of user activity and information.

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