

Protect Yourself Against Spear Phishing



We're not talking about someone stranded on a tropical island, trying to find food.

Spear phishing is a targeted attack focusing on one specific victim instead of a blanket message to a large audience.

Fraudsters collect information that is available online, such as social media, to learn about you to help them trick you by pretending to be someone you know and trust.

Spear phishing could look like an email from a friend that contains a suspicious link or attachment about your favourite music or sports team.

Think Twice!

Being cautious can help keep you safe from spear phishing. Remember, don't get reeled in – if it seems “phishy”, don't bite!

Be the strong link!

- ☒ Update, update, and update! Software updates grant you access to new features, fix bugs and glitches and keep your personal information secure.
- ☒ Be careful what you post online and keep your personal information private so that cyber criminals can't use it to create personalized spear phishing scams against you .
- ☒ If an email or attachment seems strange, don't open it or respond to it. If you're not sure, contact the sender directly through another method, such as a phone call.
- ☒ Keep an eye out for warning signs like strange emails or links, as well as requests that are odd or of unusual urgency.

If you suspect you've received a suspicious email, forward it (as an attachment) to emailsecurity@eHealthSask.ca and delete it from your inbox. Report any security-related incidents immediately to ServiceDesk@eHealthSask.ca

We appreciate your help in protecting the Saskatchewan health network.