



Cyber security fact sheet - 2FA

01



What is 2FA?

2FA, or two-factor authentication, is a very effective means of protecting your online accounts and data. It provides an additional layer of security as a user has to verify themselves as being authorised to access.

02



How does it work?

When you go to login to your online account you will be asked to enter a code, normally six figures. That code is either generated in an app on your smartphone, or via an email sent to you. You enter the code and are authenticated.

03



How does that protect me?

Anyone else trying to access your accounts would have great difficulty unless they have control over your email address or smartphone. Think of 2FA like a double lock on the front door of your business, or home address.

04



What do I have to do

There are a range of good authenticator apps, such as Google, Microsoft and Authy (there are other brands of course). Firstly, download the app, generally speaking you will scan a QR code from the account you wish to protect, normally in the security and privacy section.