

Health Action Plan Campaign Factsheet

Good cyber habits
build your
cyber immunity



Every day, you protect your patients through clinical care. But cyber threats can put them at risk too. When hospital systems go down, appointments are cancelled, treatments are delayed and patient records can be exposed. Health services across Europe are an increasingly frequent target of cyberattacks, and most of them start with something that might look small: a reused password, a rushed click, an email sent to the wrong person, an incident nobody reported.

What is cyber hygiene?

You already know the importance of good hygiene. Washing your hands takes just seconds, but doing it consistently helps prevent infections from spreading. Cyber hygiene works the same way. Simple digital habits, practiced every day, can help protect you, your colleagues, and most importantly, your patients from cyber threats.

What is cyber immunity?

Cyber immunity is your ability to resist cyber threats and limit the harm when something goes wrong. Strong immunity isn't built in a day; it's built through consistent habits. Each one protects you on its own. Together, they make you, your team and your hospital much stronger to defend attacks.

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Your four immunity boosters

1

**Build your
cyber defences**

Vaccines and protective equipment prepare your body before exposure. Strong, unique passwords, multi-factor authentication, a locked screen and approved tools do the same for your digital defences.



2

**Stop digital
infections**

Cyberattacks spread like infections: one click on a malicious link or file can take down systems across the whole hospital. Pause, check and verify before you click, open or reply. Urgency is a warning sign.



3

**Keep patients
cyber safe**

Protecting patients' data means protecting the patient. Share it only through approved channels, only with the right person and only what is needed.



4

**Report early,
act fast**

As with early diagnosis, the sooner a threat is spotted, the smaller the damage. Report anything suspicious, including your own mistakes. Early reporting can save lives.



Cybersecurity is part of patient safety

Doctors, nurses and everyone who plays a role in patient care and uses digital systems every day. You don't need to be an IT expert. You only need good habits, and the confidence to ask or report when something feels off.

Something suspicious? Report it to your IT team:

Email: _____

Phone: _____

Ticket Link: _____



**HEALTH
ACTION
PLAN**

BuildYourCyberImmunity