



April 2007 - n° 35

Learn how to generate secure Passwords in our **Basic Security Principles** section, as we continue to explore the Security Newsletter guideline - "promoting best practices for reinforcing user confidence in IT systems and the internet in particular".

- [Windows Vista: Windows Defender and Windows Firewall](#)
- [Secure passwords](#)

In the **Highlights** section, we take a closer look at two Windows Vista features, which will help you overcome security loopholes.

Once again, we trust you'll find the information we've selected for you in this edition useful.



## Highlights

### Windows Vista: Windows Defender and Windows Firewall

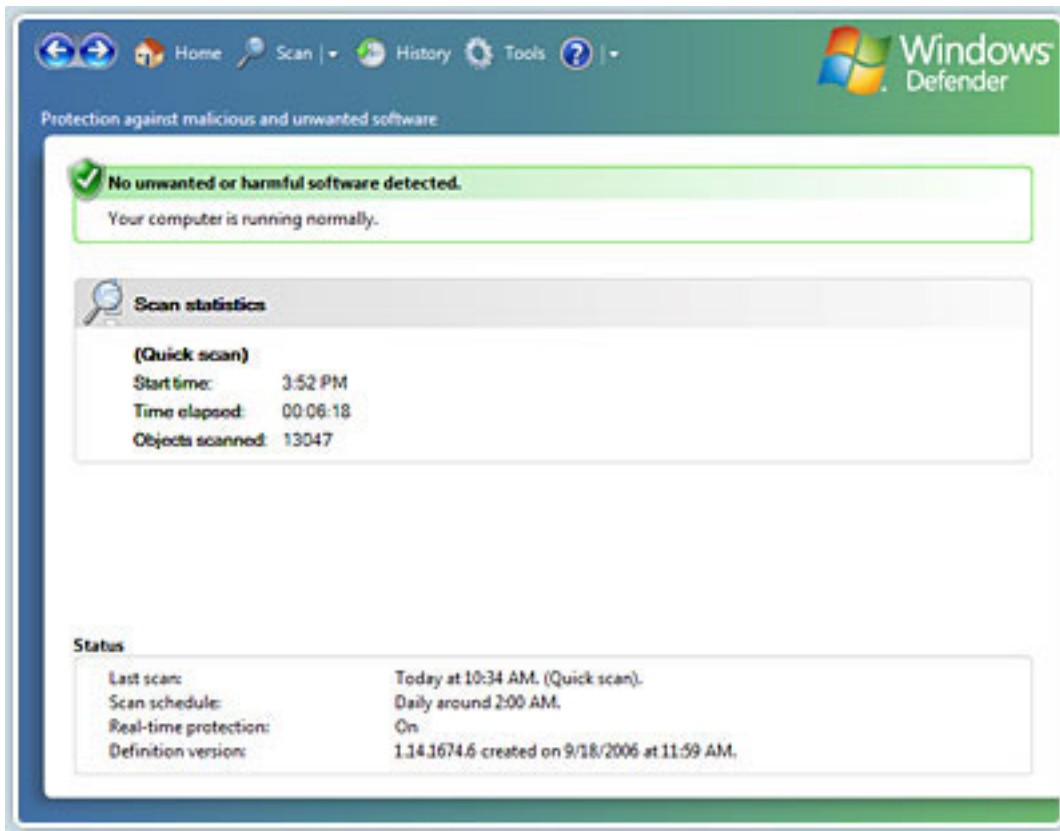
We continue to look at Windows Vista's key Computer Security features.

#### Windows Defender

Windows Defender helps you protect your computer by scanning your computer on a regular basis. It's designed to remove spyware and other malware. Windows Defender, a standard Windows Vista feature, is integrated with Internet Explorer 7. Windows Defender includes real-time protection, a monitoring system that suggests what to do when spyware is found, minimizes interruptions and helps boost productivity. This version is also available for other operating systems.

#### Windows Firewall

A firewall works like a padlock. It only allows authorized users (those holding a 'key') to enter the system. Setting up a personal firewall has never been this easy. Windows Firewall has Advanced Security features and a simple interface. It is nonetheless more advanced than previous versions, and more effective in protecting your computer against malicious attacks.



## Basic Security Principles

### Secure passwords

If you've ever lost your wallet, then you know how vulnerable it makes you feel - someone else could be using your identity and passing off as you. Someone who's stolen your passwords can do the exact same thing over the internet. A hacker can open new credit card accounts, apply for loans or chat online with people pretending to be you - and you won't find out until it's too late.

You probably already know that you shouldn't create passwords with any old number or letter combination, such as "12345678", or using adjacent letters on your keyboard, like "qwerty". And you also probably know by now that it's not a good idea to use your name or birth date. But did you know that you should never use a word that can be looked up in a dictionary, no matter in what language? It's true. Hackers use sophisticated tools that can quickly figure out passwords based on words that can be found in dictionaries, in several languages - and even common words typed backwards.

If you use a common word like password, you might think you're safe if you substitute the letters in the word with numbers or symbols that resemble the letters, such as "P@ssw0rd". Unfortunately, hackers are also aware of such tricks.

The easiest way to create a password that you don't need to note down is to come up with a

sentence you can remember, like "You can't make bricks without straw." You can create a password using the first letter of each word of the sentence: "YCMBWS".

You can also create a secure password combining lower case and caps, numbers and special characters.

Another example: "I have three children, Anna aged 1, John 5 and Beatrice 7." This would give "IH3CAA1J5&B7".

Sometimes you can only type in numbers - in that case you can use the numbers corresponding to the letters on your cell phone keys. The first example, "YCMBWS", would give "926297".

**Keep in mind that a secure password is one that's easy for you to remember but hard for others to guess!**

Finally, we suggest you change your passwords on a regular basis. When accessing the Millennium bcp Homebanking system you can alter your **Password/Multichannel Code** at any time at [www.millenniumbcp.pt](http://www.millenniumbcp.pt) > Customize.

Certain security requirements are your responsibility and must be taken into account in order to protect your Personal information.

**Keep our tips in mind and create secure passwords!**



[www.millenniumbcp.pt](http://www.millenniumbcp.pt)

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