



Privacy Resources

Overview and resources

Washington Post series on privacy https://www.washingtonpost.com/technology/2019/12/31/how-we-survive-surveillance-apocalypse/?utm_campaign=post_most&utm_medium=Email&utm_source=Newsletter&wpisrc=nl_most&wpmm=1

Opt out in Privacy Policies

Take the time to look at the privacy policies of everyone you give information to. Start with the worst abusers first such as Facebook and Google. The California Consumer Privacy Act gives you significant rights to see, delete and determine how your information can be used.

Opt out in the privacy settings for your credit cards.

Chase <http://chase.com/privacypreferences> and American Express

<http://www.americanexpress.com/communications> have online forms you can fill out. To opt out with Citibank you have to call 888-214-0017; for Discover call 800-225-5202. Through online forms, you can also opt out of the data-sharing programs with Visa and Mastercard.

<https://usa.visa.com/legal/privacy-policy-opt-out.html>

<https://www.mastercard.us/en-us/about-mastercard/what-we-do/privacy/data-analytics-opt-out.html>

Government Do Not Call list

Do not call list <http://www.donotcall.gov>

Credit offer opt out

No credit offers <https://www.consumer.ftc.gov/articles/0148-prescreened-credit-and-insurance-offers>
www.optoutprescreen.com

Don't give out your information unnecessarily

There is no need for most businesses to have your social security number. Doctor's offices are notorious for this. Before giving anyone your personal information consider if they legitimately need it. When signing up with websites that ask for things like birthdate, your first pet etc., make things up and then store that information in your password manager in case you need it again. Don't repeat the same information in other websites.

Change your Internet habits

Private Browser and Search Options

Use an alternative browser with better privacy such as Brave or Firefox/

Alternative search engines that don't track: Duck Duck Go, Startpage, Qwant

Change your DNS server The DNS server you use will determine speed, privacy and security. Some good DNS servers are Cloudflare, OpenDNS, DNS Watch.

<https://www.howtogeek.com/167533/the-ultimate-guide-to-changing-your-dns-server/>

Change your online privacy settings

<https://www.nytimes.com/2019/10/04/smarter-living/10-tips-internet-privacy-crowdwise.html>

Windows 10 privacy <https://www.zdnet.com/article/take-control-of-your-privacy-in-windows-10/>

Google privacy checkup <https://myaccount.google.com/privacycheckup> for people with Google accounts.

Change Google settings <https://www.usatoday.com/story/tech/talkingtech/2019/06/24/change-settings-google-could-follow-you-even-no-app-opened/1434180001/>

<https://www.nytimes.com/2019/10/04/smarter-living/10-tips-internet-privacy-crowdwise.html>

Block sites from tracking you on the web <https://simpleoptout.com/> also turn off tracking in your browser.

Online security 101 <https://www.zdnet.com/article/simple-security-step-by-step-guide/?ftag=TRFc64629f&bhid=93351105>

Change privacy settings in Big 5 (Facebook, Google, Amazon, Microsoft and Apple)

<https://www.washingtonpost.com/news/the-switch/wp/2018/06/01/hands-off-my-data-15-default-privacy-settings-you-should-change-right-now/>

Use incognito mode to keep from being tracked. Use TOR (The Onion Router) for even more security.

Delete browsing history and cookies In your browser go to settings and delete your browsing history and turn off history. Delete cookies and turn off cookies. Delete cookies

https://www.pcworld.com/article/242939/how-to-delete-cookies.html?utm_source=Adestra&utm_medium=email&utm_content=Read%20more%3A%20How%20to%20clear%20cookies%20from%20your%20browser&utm_campaign=PCWorld%20Power%20Tips&utm_term=Editorial%20-%20PCWorld%20Power%20Tips&utm_date=20190611161822

Have Google delete you when you die <https://www.cNBC.com/2019/05/28/how-to-set-google-to-delete-everything-after-i-die.html> or <https://www.cnet.com/how-to/google-can-delete-your-account-when-you-die-heres-how/?ftag=CAD3c77551&bhid=27910680753358633043533287264741>

Social Media and E-mail

There is no free lunch. What do you pay for your “free” social media? Your data.

Facebook: in the Settings tab, you can download all the information that Facebook holds on you.

https://www.washingtonpost.com/technology/2020/01/28/off-facebook-activity-page/?utm_campaign=wp_post_most&utm_medium=email&utm_source=newsletter&wpisrc=nl_most

Under the Location tab, consider turning off location data collection by Facebook, too.

An important element that shouldn't be overlooked here is the option to remove your Facebook profile from Google search engine results <https://www.cnet.com/how-to/remove-your-social-media-from-google-search/>

Turn off Facebook tracking you outside of Facebook <https://www.zdnet.com/article/to-stop-facebook->

How to delete Facebook <https://www.wikihow.com/Permanently-Delete-a-Facebook-Account-tracking-you-across-the-web-change-these-settings/>

Don't sign in to other sites with Facebook or Google, set up your own account.

E-mail Don't unsubscribe from e-mails from unknown sources, just add to your spam list.

Use services such as unroll.me which can list everything you are subscribed to, making the job of unsubscribing from newsletters, company updates, and more far easier. <https://unroll.me/> Run it when you have no longer wanted mail in your inbox.

Create disposable e-mail addresses when you sign up for a website. This will allow you to see who is giving away your e-mail address as well as block mail from those sources. In Gmail just put a plus (+) after your email address and then add something to identify the site such as

johnsmith+cnet@gmail.com. This also works for sonic.net addresses. In Yahoo, and the ATT family of addresses, it is a little more complicated. This article will tell you how, but note the address will end in

.yahoo. <https://www.att.com/support/article/email-support/KM1046089> . For Comcast I haven't found

a way to do it. There are a number of services that will allow you to create dummy e-mail addresses such as E4ward, Mailinator and TempMail.

Be cautious who you do business with

Check the privacy rules for your ISP, anti-virus vendor, program vendors, e-mail provider, online merchants, landline provider, cellular provider, app providers and anyone else you do business with.

Change your phone settings

Phone tracking by apps https://www.nytimes.com/interactive/2019/12/19/opinion/location-tracking-privacy-tips.html?te=1&nl=morning-briefing&emc=edit_NN_p_20191220§ion=longRead?campaign_id=9&instance_id=14709&segment_id=19767&user_id=0f864f1e63c695a488b3c4bc1df20078®i_id=57965668ion=longRead

Android privacy settings <https://www.zdnet.com/pictures/android-phone-tablet-privacy-security-settings/>

I-phone privacy settings <https://www.zdnet.com/pictures/new-to-ios-11-change-these-privacy-and-security-settings-right-now/>

Make the most of IOS 13 privacy

<https://www.nytimes.com/2019/09/25/technology/personaltech/privacy-tools-apple-ios-13.html?emc=rss&partner=rss>

Stop Google maps from tracking you [Google Maps tracking https://www.cnbc.com/2019/12/07/how-to-stop-google-maps-from-tracking-your-location.html](https://www.cnbc.com/2019/12/07/how-to-stop-google-maps-from-tracking-your-location.html)

Robocalls [AARP guide to robocalls](https://www.aarp.org/aarp/auth/callback?code=9ESwwwlI993f6YrzcW-&state=https%3A%2F%2Fwww.aarp.org%2Fmoney%2Fscams-fraud%2Finfo-2019%2Fftc-dnc-complaints.html%3Fcmp%3DEMOC-DSONLC-MONY-FRD--MCTRL-121019-F1F-4224511%26ET_CID%3D4224511%26ET_RID%3D17142533%26encparam%3DGrBCPI0usKiTn6s0GUH7Uznoo2CNWudjqT8UfipIoEY%253d)

https://www.aarp.org/aarp/auth/callback?code=9ESwwwlI993f6YrzcW-&state=https%3A%2F%2Fwww.aarp.org%2Fmoney%2Fscams-fraud%2Finfo-2019%2Fftc-dnc-complaints.html%3Fcmp%3DEMOC-DSONLC-MONY-FRD--MCTRL-121019-F1F-4224511%26ET_CID%3D4224511%26ET_RID%3D17142533%26encparam%3DGrBCPI0usKiTn6s0GUH7Uznoo2CNWudjqT8UfipIoEY%253d

Control your home devices

Have Alexa forget what you said <https://www.cnn.com/2019/05/29/tech/alexa-delete-everything-privacy/index.html>

Delete your history from Google, Alexa and Siri <https://lifehacker.com/how-to-delete-voice-recordings-with-alexa-google-assis-1836977240>

Stop your TV from tracking you <https://www.cnet.com/how-to/your-smart-tv-tracks-what-you-watch-heres-how-to-change-the-privacy-settings/?ftag=CAD1acfa04&bhid=19773914118884255150251602624269>

California Consumer Privacy Act

California Consumer Privacy Act <https://www.zdnet.com/article/california-consumer-privacy-act-everything-you-need-to-know-about-the-ccpa/?ftag=TRE-03-10aaa6b&bhid=93351105>

Or https://www.sfchronicle.com/politics/article/California-s-consumer-privacy-law-is-coming-14926209.php?utm_source=newsletter&utm_medium=email&utm_content=headlines&utm_campaign=sfc_politicalpunch