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10 Digital Hygiene Rules for Mobile Phones

In the context of the proliferation of threats targeting mobile phones, ANSSI recommends adopting **the following 10 best practice rules for using mobile phones**.

Management of the mobile phone and communications

1. **Systematically update** your operating system and applications **as soon as possible**. Regularly restarting your device can also limit the impact of non-persistent compromises.
2. **Activate the operating system's hardening mechanisms**[1] particularly for high-risk populations.
3. **Never connect your digital devices to unknown equipment** (chargers, storage devices, computers, etc.) or **to public Wi-Fi networks**.
4. **Uninstall and/or disable unused applications and features**. Also, **limit the applications' permissions**.
5. **Disable wireless interfaces such as Wi-Fi, Bluetooth, NFC, and location services** when not in use.
6. **Maintain a strict separation between personal and professional use**.
7. **Completely turn off your devices** when you need to leave them unattended.
8. **Remove all digital devices from offices and meeting rooms** before sensitive conversations to avoid audio capture. Remember, airplane mode does not prevent spyware from functioning.

Messaging

9. **Avoid exchanging sensitive information via SMS** and **prefer messaging apps that use end-to-end encryption** to ensure the **confidentiality of your exchanges**.
10. **Be vigilant about phishing messages**, which can disguise illegitimate requests to associate new devices with a messaging account. **If any doubt exists, confirm as far as possible the origin and the legitimacy of the message**.

If you receive alerts (emails, SMS, etc.) from solution providers warning of a potential compromise of an account or device, **contact CERT-FR** by email at **cert-fr@ssi.gouv.fr** or by phone at **3218** (free service + cost of a call) ou +33 (0) 9 70 83 32 18.

1. The Lockdown Mode in the iOS environment is an example – https://support.apple.com/en-euro/105120