

What is a Data Backup?

Backing up data is the process of copying files and folders to a separate, secure location for the purpose of restoring them in case of data loss or destruction.



DIGITAL SELF DEFENSE: BACK UP YOUR DATA

WHY? ENSURE RECOVERY IN CASE OF LOSS

Backing up your information enables the recovery of data that has been lost due to a ransomware attack, physical destruction, theft, or hard drive failure.

HOW? CHOOSE A CONVENIENT METHOD

1. Back up or copy your data to an **external hard drive**, a **Network Attached Storage device**, or use a **backup application**.
2. Verify that your backups are working and your data is safe.

For more info, visit:
www.rit.edu/security