

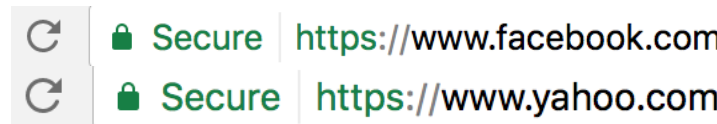
SIDA LOO AMMAANSADO AKOONADA BARAHA BULSHADA (HOW TO SECURE YOUR SOCIAL MEDIA PLATFORMS)

Waxaa dhici karta in imaylkaaga la jabsaday oo aadan ka warqabin, in cid aan adiga ahayn isticmaasho ama inay jiraan ablikeyshano ama mareego kula isticmaala akoonadaada, kuwaasoo si kas ama kama' u helay oggolaanshaha inay helaan xogtaada shaqsiga. Haddaba si aad u hubiso qaad tallaabooyinkan hoose:

Tallooyin Aasaas U Ah Isticmaalka Internet-Ka

Iska ilaali inaad baraha bulshada kula soo wadaagto macluumaad khaas ah sida xilligaad dhalatay, cinwaanada meesha degan tahay, taarikada gaariga aad wadato, magacyada xayawaanada dab joogta ah ee aad dhaqato ama wax kasta oo xog shaqsi ah, taasoo tuugada siin karta fursad ay ku helaan xogtaada.

Fariimaha aad kula soo wadaagto baraha bulshada haku lammaanin khariirada goobta aad kasoo gelisay, u safreyso ama shaah / cunto ka cabeyso. Tani waxay siineya tuugada ama wixii dhib kula doonaya inay helaan meesha aad joogto, meesha aad ku nasato meesha ka shaqeyso ama macluumaad u sahlaya inay si fudud kugu soo raadsadaan ama wax kugu yeelaan.

 Iska hubi ammaanka mareegaha aad gelayso, ogow in mareegaha ku bilowda HTTPS ama qafilka ay yihiin kuwo ammaan ah. Tusaale, hadaad rabto inaad gasho Gmail-kaaga waa inaad ka gasho <https://www.gmail.com> iskana ilaaliso inaad ka gasho mid aan ammaan ahayn ama tuugo ah <http://www.gmail.com>. Waa inaad taxadar weyn sidoo kale ka yeelato mareegyada lasoo gaabiyo, kuwaasoo ah habka ugu badan ee tuukadu adeegsato si qofka looga qariyo mareegta saxda ah.

Macluumaadkaaga ka raadi **Google** ama mareegyada kale ee barista kadibna geli magacaaga si aad u oggaato xogta ama macluumaadka kugu saabsan ee lagaa arki karo ama dadka kale heli karaan.

Tirtir xogta kaaga hari karta barowsarada aad Khadka ku isticmaasho sida **Mozilla firefox, Chrome, Edge, Safari** iyo kuwa kale ee internet-ka ka gasho. Isticmaal adeegyada lacagta yar lagu iibsado oo kaa caawinaya inay tirtiraan xogtaas tusaale **PrivacyDuck or DeleteMe**.



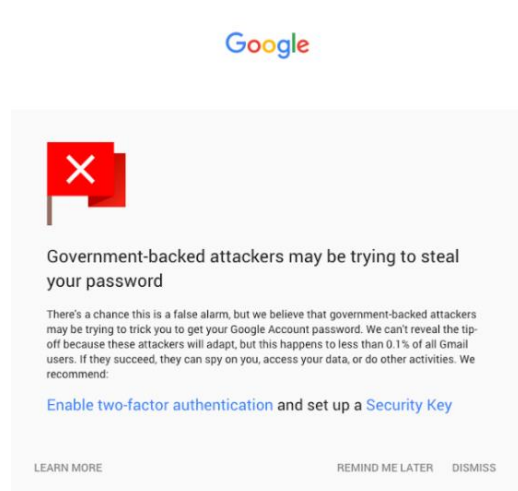


Isticmaal ablikeyshanka **VPN (Virtual private network)** si aad u qariso dhammaan shaqada aad ku qabsato internet-ka si aad uga badbaado tuugada ama ciddii dooneysa inay waxyeelo kuugu geysato internet-ka iyo baraha bulshada.

Adeegan wuxuu kaa caawinayaa inuu qariyo meesha aad joogto ama internet-ka kaga jirto iyo wixii kale ee lagu ogaan karo xogtaada.

Iska ilaali Siriqa (Phishing)

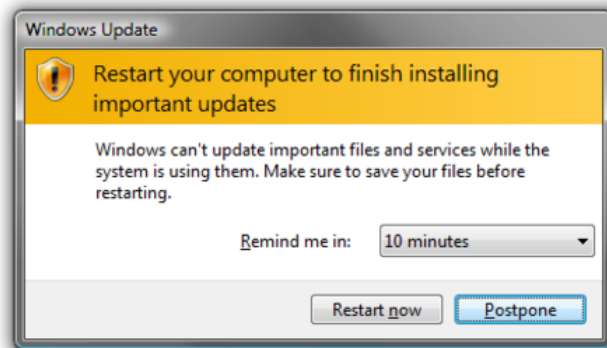
Iska ilaali in siriq ama fayras lagu soo raaciyo fariin lagugu soodiray imaylka, meelaha lagu xiriirto sida Messenger, WhatsApp, Telegram iyo wixii lamid ah. Ha furin fariin kasta oo aadan garaneyn cidda ay ka timid, hubi imaylka ay fariintu kaaga timid iyo sidoo kale mareegta ay isticmaalayaan. Ha furin lingax (link) lagu soodiray ilaa aad habsato inuu sax yahay oo uusan wadan waxyeelo sidoo kale garaneyso cida uu kaaga yimid. Lingax la isku diro waa farsamada ugu weyn ee tuugadu isticmaasho si ay qofka uga jabsadaan akoonkiisa.



Oggow in shirkadaha imaylada bixiya inta badan leeyihiin adeegyo digniin kusoo diraya haddii ay kusoo dhacaan fariimo tuugo ah ama wata lingaxyo / feyrasyo wax lagu yeelayo imaylkaaga. Digniinta noocaas ah hadaad aragto waa inaadan dhayalsan ee si taxadar leh u fiiriso.

Ha furin, ha faafin hana aaminin fariimaha hadyadaha, balanqaadyada iyo baqtiyaa-nasiibka kuwaasoo wata lingax lagu dhufanayo macluumaad lagu buuxinayo.

Waa inaad iska ilaaliso kana taxadarto ablikeyshanada iyo mareegyada ku weydiya inaad ku



gasho imaylkaaga iyo akoonadaada baraha bulshada, kuwaasoo hadaad oggolaato siddaas ku helaya xogta imaylkaaga iyo akoonadaada baraha bulshada. Siddaas si lamid ha ciyaarin ablikeyshanada baraha bulshada lagu dhex isticmaalo oo loo adeegsado saadaasha sida siddee u ekaan doonaa markaan weynaado? Intee caruur dhali doonaa? Yaan u ekahay dad ahaan?

Siddoo kale, waa inaad taxadar ka muujiso software-ada iyo ablikeyshanada aad kula soo degayso kambuyuutarkaaga. Siddoo kale, inaad geliso cajaladaha xogta lagu qaado ama la isugu gubdiyo oo aan aadan hubin waxa kujira ama aadan marin qashin saar.

U Samee Fure-Sireed Adag Iyo XaqiijinDheeri Ah Akoonadaada Kala Duwan

U samee fure-sireed dheer oo adag oo aan la qiyaasi karin oo ka kooban xarfo yar-yar, kuwo waaweyn, lambaro iyo wixii kale oo raaci kara, waana inuu ahaado mid dheer tusaale ahaan **WaxaanAhayReerMuqdisho@5050@Facebook**.

Tusaale fure-sireed	Tirada uu ka kooban yahay	Wagtiga lagu jebin karo
Purple	9,000	Si deg-deg ah
Purp13	177,000	Maalin wax ka yar
Purp13C@rp3+	47 Billion	Hal maalin wax ka yar
Purp13C@rp3+JumpG4rage	37 Million Trillion	Qiyaastii hal qarni
Purp13C@rp3+JumpG4ragePaint5trangely	293,000 Trillion Trillion	Wax ka badan afar bilyan oo qarni

Fure-sireed iskumid ah waa inaad ku isticmaalin akoono kala duwan, sidoo kale waa inaad bedel ku sameyso sanadkiiba dhowr jeer, mar kastana ka dhigtaa mid dheer oo aan la qiyaasi karin.

Siddoo kale, waa inaad xaqiijin dheeri ah (two factor authentication) raaciso fure-sireedka, kaasoo sii adkeynaya ammaanka gelitaanka akoonkaaga. Si aad u furato adeega xaqiijinta labaad, waxaad tegaysaa **Security and Login > Two-Factor Authentication** kadibna dooro nooca xaqiijinta sida ay kuugu imanayso oo noqon karta in fariin ahaan telefoonka gacanta kugu soo dhacdo, imaylkaaga kuugu soo dhacdo ama inaad lasoo degto ablikeyshan mar kasta ku siinaya lambarka xaqiijinta. Habka ugu fiican waa inaad lasoo degto ablikeyshanada **Google Authenticator** ama **Microsoft Authenticator** hadaad isticmaasho taleefoonada ku shaqeeya Android.

Tallaabooyin Lagu Sugayo Ammaanka Facebook

Si aad u oggaato inay jiraan ablikeyshano iyo mareego kula isticmaalaya akoonkaaga Facebook, waxaad tegaysaa **Settings & Privacy > Settings > Your information-> Apps & websites**. Halkaan markaad joogto, waad ka saari kartaa ablikeyshanada iyo mareegaha aad garan weydo ama aan kaa haysan oggolaansho.

Si aad u oggaato haday jirto cid aan adiga ahayn oo kula isticmaasha akoonkaaga Facebook iyo weliba meelaha hadda iyo horay laga isticmaalay akoonkaaga oo ku tusinaya taariikhda, waqtiga iyo goobta, waxaad tegaysaa **Security > Security and Login Settings > Where You're Logged In**. Isla halkaan markaad joogto waxaad meesha ka saari kartaa haddi ay jiraan kuwo hadda lagaga jiro ama waqti dhow oo aadan garaneyn.

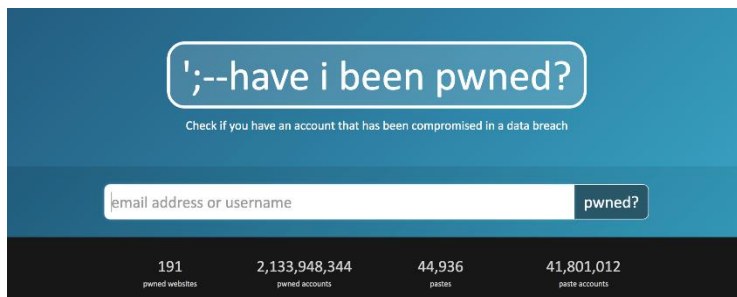
Xadid cida arki ama arki karin macluumaadkaaga Facebook, adigoo tegaya **Settings & Privacy > Settings-> Audience & visibility**, kadibna xad u samee dadka arki kara macluumaadkaaga sida dhalashada, magacaaga, dadka saaxiibada kula ah, qoraalada aad soo dhigto. Sidoo kale waxaad halkaan ka xadidi kartaa qoraalada lagula soo doonto ama lagugu soo daro (Tagging).

Siddee qofkii kaasoo raadiya baraha bulshada iyo aaladaha wax laga baaro kugu heli karaa

Marka hore waxaa muhiim ah in markaad sameysaneyso akoon imayl ama baraha bulshada waa inaad ku sameysato magacaaga, da'da iyo faahfaahinta kale ee saxda ah. Baraha bulshada sida Facebook waa inaad ka xaqiijiso inaad leedahay akoonka adigoo u diraya aqoonsiyada baasaboorka ama dhalashada ama wax kale oo la aqbali karo kaasoo tusinaya inaad leedahay akoonkaas. Si aad Facebook ugu xaqiijiso inaad leedahay akoonkaas sidaasna kuugu ogaadaan, waxaad mareysaa tegaysaa:

Facebook: Haddii uu jiro qof aad ku kalsoon tahay, waxaad ku darsan kartaa akoonkaaga Facebook si markuu kaa xirmo kuugu soodiraan lingax (link) aad kusoo ceshan karto akoonkaagi. Si aad adeegan u furato waxaad tegaysaa **Security > Security and Login Settings > Where You're Logged In > Go down Setting Up Extra Security**. Kadibna halkaas soo geli qofka aad ku kalsoon tahay oo haddii akoonku kaa xirmo kusoo celin kara.

Tallaabooyin Lagu Sugayo Ammaanka Imaylka Google Mail (Gmail)



Hubi bal in imaylkaaga la jabsaday ama xogtiisa bannaanka taalo, adigoo isticmaalaya mareegta <https://haveibeenpwned.com/> si aad u aragto in imaylkaaga iyo fure-sireedkaaga la jabsaday ama bannaan yaal noqday sanadihii danbe. Sidoo kale hubi in akoonkaaga imaylka

ammaan yahay, adigoo tegaya **Manage your google account -> Security**.

Si aad u oggaato inay jiraan ablikeyshano iyo mareego kula isticmaalaya imaylkaaga, waxaad tegaysaa **Manage your google account -> Security-> Your connections to third-party apps and services**. Wixii aad garan weydo ama ka shakido iska saar.

Si aad u oggaato haday jirto cid aan adiga ahayn oo kula isticmaasha imaylkaaga iyo weliba meelaha hadda iyo horay laga isticmaalay imaylkaaga oo ku tusinaya taariikhda, waqtiga iyo goobta, waxaad tegaysaa **Manage your google account -> Security-> Your devices**. Wixii aad garan weydo iska saar.

U samee muujinta labaad (2-step verification), adigoo tegaya **Manage your google account -> Security-> 2-Step verification**

Hubi xogta adiga kugu saabsan oo u muuqan karta adeegyada kale ee shirkadda Google adigoo tegaya ***Manage your google account -> Data & privacy-> Info that you can share with others.*** Markaad gasho iska-xir xogta aadan rabin in dadka kale arkaan sida dhalashadaada, taleefoonkaaga iyo shaqadaada iyo wixii kale oo aadan rabin in la arko.

Hubi in akoonkaaga imaylku uusan cid kale la wadaago meesha aad joogto ama khariidada meesha aad joogto adigoo tegaya ***Manage your google account -> People & sharing-> Location sharing.***

Dooro nooca xog ama dhaqdhaqaaq ee akoonkaaga Gmailk-ka kuu keydiyo sida meelaha aad booqatay, waxyaalaha daawatay, muuqaalada youtube-ka daawato iyo wixii kale ee xog ah, tag ***Manage your google account -> Privacy & personalisation -> History settings-> On/Off.***

Iska-xir in Google laga heli karo qaybo kamid ah faahfaahinta imaylka adigoo tegaya ***Manage your google account -> Privacy & personalisation -> Personal results in search-> On/Off.***

Sidda Loo Soo Ceshado Haddii Lagaa Xiro / Jabsado Akoonkaaga

Gmail: Waa inaad u sameysato qof hadhow kusoo celin kara (**Recovery email**), haddii lagaa jabsado ama kaa xirmo. Si aad usoo geliso qofkaas waa inaad tagtaa: