Social Security numbers, dates of birth, street addresses—these aren’t just numbers, they are the keys to your livelihood. You need your personally identifiable information on a regular basis. If it falls into the wrong hands, you could become a victim of identity theft. The threat is real—that’s why it is every Veteran’s duty to protect his or her data.

355% increase in spam on social media outlets since January 2013

WHAT YOU CAN DO: Be careful where you click when you are on your favorite social media sites, such as Facebook. Don’t click on any suspicious URLs or volunteer any personal information to unknown sources.

18 people fall victim to cyber crime each second

WHAT YOU CAN DO: Cyber criminals never sleep, so make sure you use and update the appropriate security procedures and programs on all devices that connect to the Internet.

5.26% of Americans experienced identity fraud in 2012

WHAT YOU CAN DO: Realize that identity theft can happen to anyone—including you. Be vigilant and selective about with whom you share your personal information online.

600,000 Facebook accounts are compromised every day

WHAT YOU CAN DO: Enjoying some downtime with social media does not mean you can let your guard down. Never post personally identifiable information, including your phone number or address, on social media.

10,000 websites are flagged for phishing and malware by Google per day

WHAT YOU CAN DO: Be conscious of what websites you visit, and make sure that any links you click on are coming from a known, trusted source. Avoid clicking on links within pop-up windows or in random attachments. Never respond to any unsolicited requests for personal information, either in an email or on a website.

1 Extra Minute is all it takes to secure your data

WHAT YOU CAN DO: Everyone seems to have a busy schedule and several important obligations to attend to, but it’s critically important to take an extra moment to make the small changes that can prevent identity theft. Whether it’s changing passwords on a regular basis or taking time to download updates on your security software, each small step makes a difference.

Visit www.va.gov/identitytheft to learn how to prevent identity theft.

MORE THAN A NUMBER is overseen by VA’s Identity Safety Service within the Office of Information Security.