**Veterans and Caregivers Give Cyber Safety Advice**

**Image:** Attached in email.

**Suggested Alt Text:** Tech-looking illustration with circles inside circles and a lock and key in the middle, representing cyber safety.

VA is attuned to Veteran needs because so many of our employees are Veterans and caregivers themselves, including those working to protect Veteran information. VA recently sat down with three Veterans and a caregiver who work for the Department, all working to keep Veteran information confidential. We asked them these questions.

* How do you incorporate cybersecurity best practices into your daily work and home life?
* Tell a story about a personal experience with cybersecurity and online safety, and what happened.

The Veterans have the same cyber safety challenges as you, your caregivers, and families face every day. They receive the same emails targeting the Veteran community aimed to fleece your benefits, trick you into sharing personal, financial, and health information; and send misinformation to sway you to their way of thinking. And our Privacy Office staffer has additional unique and helpful advice to share.

Listen to their personal [cyber safety stories and valuable insights in this short Cyber Safe at Home and Work video](https://youtu.be/XTupYNgukLw).

Their stories may help as you face similar challenges and help keep you, your families, and caregivers safe online.

**Remember to Secure Your World.**