October is National Cybersecurity Awareness Month

This year's theme "Do Your Part. #BeCyberSmart." Join ICN's Incident Response Planning Workshop on October 20 to discuss what to do before, during, and after a security incident.

Cybersecurity

[Keep It Simple: Choosing the Right DDoS Mitigation Strategy](#)
There are several options from which you can choose a DDoS mitigation strategy. Read for more information.
Source: Security Boulevard

[9 rules for strong passwords: How to create and remember your login credentials.](#)
The security of your bank account, Netflix account and email inbox depends on how well you safeguard your many passwords.
Source: CNET

[Cybersecurity Tool Kit](#)
The tips and tools below are divided into the following categories... Educate About Cybersecurity, Test Your Defenses, Adopt Proactive Cybersecurity, Prioritize, Remediate, Report
Source: Security Boulevard

[101 Data Protection Tips](#)
How to Keep your passwords, financial & personal information safe from outside intruders in 2020.
Source: Digital Guardian

[30 Ransomware Prevention Tips](#)
Ransomware continues to evolve as a threat category. You need to focus on preventing a ransomware infection in the first place.
Source: Tripwire Inc

Government

[Secretary Pate launches new measures to bolster Iowa's election cybersecurity](#)
Iowa is the 2nd state in the nation to create a Vulnerability Disclosure Program, inviting private sector security researchers to test our system.
Source: Iowa Secretary of State

[State workers more engaged with security since pandemic, CISOs say](#)
Secretary of State office is launching a new program allowing outside security experts to find and patch weaknesses in its websites, including those related to elections.
Source: State Scoop

[Federal Lawmakers Propose Using FCC E-Rate Funds to Boost Individuals' Internet Access](#)
As the pandemic pushes Americans into online school and work, lawmakers are calling for ways to address the "digital divide."
Source: NextGov

Healthcare

[University of Wisconsin Study Eyes a Telehealth Model for Nursing Homes](#)
Researchers will study how four nursing homes used telehealth during the coronavirus pandemic to come up with a blueprint for other senior care facilities.
Source: mHealth Intelligence

[Amwell ranks highest for DTC telehealth satisfaction, says J.D. Power](#)
A new survey released this week found that overall customer satisfaction with telehealth is high, but barriers to access remain.
Source: Health IT News

[The pros and cons of virtual visits](#)
Doctor On Demand offers virtual visits with board-certified physicians for a number of minor ailments, from a run-of-the-mill cold or flu to headaches, skin conditions or bronchitis.
Source: Wellmark Blue Cross Blue Shield

[Modern Healthcare Tech Also Means Modern Security](#)
Modernizing healthcare infrastructure also needs to include better ways to protect data.
Source: Security Boulevard

Digital Divide

[Libraries could be the next hub for telehealth services](#)
Although most libraries are not offering in-person services just yet, many are starting to allow people to come in and use meeting rooms and computers to get in touch with their doctors.
Source: NBC29 - Charlottesville, VA

[USDA Launches Webpage for Broadband Projects Seeking Funds Under Electric Program](#)
The funds must be used in areas without broadband speeds of at least 25 megabits per second (Mbps) downstream and 3 Mbps upstream for both mobile and fixed service.
Source: US Dept of Agriculture

Education

[3 Tips for Improving Your Cybersecurity Program This School Year](#)
Here's how IT teams can help mitigate cyberthreats in today's educational environment.
Source: EdTech K-12

Public Safety

[How a public safety system became a Covid lifeline](#)
FirstNet is plugging key broadband gaps during the pandemic, though there are lingering questions about how much it's narrowing the digital divide.
Source: Politico

The Iowa Communications Network is a state-of-the-art fiber optic network providing high-speed Internet, data, voice, security, and consulting [services](#) to

Iowa's healthcare, education, government, and public safety sectors.