Digital Security for Abortion/ Health Privacy

Tips to stay safe online and keep your searches and movements private:

1) <u>Phone Calls</u>

    a. Use Google Voice, which is free, or paid apps like Hushed/ Burner instead of your cell phone number for making phone calls.

2) <u>Messaging Apps</u>

    a. Use End-To-End encrypted chat like Signal or WhatsApp to protect your messages from being shared with your phone company.

    b. Use a strong pin on your device and turn on disappearing messages in Signal to help prevent someone else from reading your messages.

3) <u>Period Trackers</u>

    a. Delete your period tracking app or use a privacy focused app like Euki.

4) <u>Disable Mobile Ad ID</u>

    a. Disable your Mobile Ad ID to prevent advertisers and app makers from tracking your online activity.

    b. Turn off for iPhone: Settings > Privacy > Advertising > Turn on Limit Ad Tracking

    c. Turn off for Android: Settings > Google > Ads > Opt Out

5) <u>Opt Out of Personalized Ads and Cookies</u>

    a. Opt out of personalized ads on Google, Facebook, and Instagram.

    b. Opt out of third-party cookies whenever possible.

6) <u>Turn Off Location Sharing</u>

    a. Turn off location sharing, especially when traveling to an abortion clinic. Many apps that request your location work just fine without it, but once your location is shared there is no way to delete that information or get it back.

    b. Turn off location for iPhone: Settings > Privacy> Location

    c. Turn off location for Android: Settings > Biometrics/ Security > App Permissions > Location

7) <u>Biometric ID</u>

    a. Turn off Face ID or Fingerprint unlock when traveling to an abortion clinic in case you are stopped by law enforcement.

8) <u>Web Browsers</u>

   a. Use privacy-focused browsers like DuckDuckGo and [Tor](Tor) on your computer, or Firefox Focus on your phone, instead of Google to search. Also make sure you clear your history and browse in incognito mode.

9) <u>Email Communication</u>

   a. Create a secondary email address that you can give to people. Protonmail and Tutanota are free email services that offer privacy protections that more common providers like Gmail do not.

10) <u>Physical Security</u>

   a. Worried about protestors outside of a clinic? Bring sunglasses, a hoodie, a hat, and your mask to help protect your identity.