

Internet of Things

In Our Daily Lives

What is the Internet of Things?

- A network of devices containing sensors that connect through the internet and permit remote monitoring and/or control
- Increasingly appearing in our daily lives
 - In cars
 - In transit systems (busses, trains and airplanes)
 - In fitness trackers and some medical monitors
 - In home appliances
 - In our neighbourhoods (smart fire hydrants)

Managing IoT Devices Safely

- Change the manufacturer's default user names and use [strong passwords](#) for your Wi-Fi network and smart devices. Don't use anything that could be associated with your name, address or phone number.
- Enable a lock-screen password on devices.
- Use up-to-date security software on your home computer and connected devices. Update operating systems of all your devices.
- To limit the damage of a cyber-attack, separate your IoT devices from your main network. Ask your service provider for help to create a 'guest' network for your IoT devices.
- Understand what personal information is being collected and why it's needed before you buy IoT devices or download apps.
- Turn off geolocation when it isn't needed; if an app can see your location, a hacker could too.
- Set the camera and microphone off when you are not using it.
- Maintain good cyber security practices (e.g. don't open attachments from people you don't know, don't use automatic login, etc.)

Internet of Things in the Home

- <https://www.getcybersafe.gc.ca/cnt/rsks/ntrnt-thngs/hm-en.aspx>

What Can a Modern Fridge Do?

- Perform self-diagnostics to send to Manufacturers' Service Centre
- Send message if door left open
- Monitor inventory & manage expiry dates
- Show you the contents remotely (fridge screen or your phone)
- Suggest recipes based on inventory
- Manage family calendar and be a message board
- Connect to and monitor other smart devices (see who is at the door, let you screen video or audio on the fridge, control Alexa or a thermostat etc.)

Experiences with IoT Devices

- Does anyone in the audience want to share experiences with IoT devices they might have?