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Helping You Stay Informed, Engaged & Protected

ALL POINTS  
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medical waste



## Your Free Monthly Shred & Med Waste News!

Oct 2018

### Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

[Visit Our Website](#)

**Fall Special!**  
**Save 10% on a Document  
Purge over 1,000 pounds (or  
35 copy size boxes)**



Records kept beyond their required length of time, become a liability.  
How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

**Call Now:**  
**772.222.3266**

## 5 Keys to Stay Safe Online



1. **Only Visit Secure Sites** - Just look for the "s" in https://. Unsecured sites will not have the "s." Avoid unsecure sites that just have http:// since they can expose you. The "s" is for "Safety."
2. **Turn off GPS** - Sharing your location and allowing apps to track your location can be unsafe. The exception is when you are finding a location using maps or for a Google search. Otherwise, websites and apps have no business knowing your location. Disable them.
3. **Utilize Privacy Settings** - Using privacy settings with your social media accounts will limit how much personal information is being shared. They typically default to allowing others to view your profile.
4. **Be Careful What You Post** - Many new drivers will post a picture holding their new drivers' license. Hackers can zoom in to find all the information they need to steal your identity. Additionally, be cautious of posting how old you are on your birthday on social media sites. Your date of birth is a key piece of information needed to wreak havoc on you.
5. **Make Passwords More Complicated** - Use a combination of letters, both upper and lower case, as well as numbers and symbols. Consider changing them every 6 months for added security.

## Is Coffee Really Good For You?



A recent study found that people who consume at least four cups of coffee a day have a 64% lower risk of early death compared to those who never or rarely drank coffee.

The study's findings suggest that it may be even more beneficial to consume coffee as we get older (after age 45).

Coffee has also been shown to reduce the risk of:

- Type 2 diabetes
- Liver disease
- Colorectal cancer
- Alzheimer's
- Skin Cancer

However, pregnant women and those with heart conditions should limit their caffeine intake.

To maximize coffee's benefits, use low fat milk and skip the cream. Avoid sugar in your coffee since it adds extra calories. Chose filtered coffee when possible and avoid coffee at bed time.

## Facebook Breach Exposed 50 Million Users' Info

Facebook announced last week that attackers were able to hack into the Facebook computer network. The attack exposed the personal information of more than 50 million users. The hackers exploited a feature that allows users to see their page the same way another user would, known as a "view as" feature.



Facebook reports it has corrected the issue. Over 90 million users were forced to log out of their Facebook accounts Friday due to security reasons.

CEO Mark Zuckerberg said fighting these attacks is a constant battle and they intend to invest in more security in the future.

Source: CNN

## Fun Halloween Facts



- Trick-or-treating comes from the middle age tradition of dressing up in costumes and going door-to-door begging for food or money in exchange for prayers
- Halloween is the 3rd biggest party day after New Year's Eve and Super Bowl Sunday
- Over 93% of kids go trick-or-treating each year
- Halloween began as a pagan holiday honoring the dead. The origins come from a Celtic festival for the dead. They believed the ghosts of the dead roamed the Earth on this holiday so they dressed in costumes and left treats on their front door for roaming spirits.
- The original jack-o-lanterns were made from beets, turnips and potatoes - not pumpkins.
- There are no words in the English dictionary that rhyme with orange (the color of a pumpkin)

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