



COOKIES YUCK OR YUM?

WHAT ARE COOKIES?

Internet cookies are **small files of data** which are used to **track your online activity** like login credentials and purchase history.

This information is stored on your device for the next time you visit the website.

FRESH COOKIES: SESSION COOKIES

These last as long as you are on the website. This means that when you close your tab, they are no longer running in the background.

These cookies are safe, and make your online experience easier!



ARE THEY GOOD TO EAT?

Generally, cookies are harmless. Malicious websites can use cookies to install malware and to steal sensitive information from your device.

Cookies can be used for tracking purposes and collect information about you and your browsing long after you leave the original website.



STALE COOKIES: LONG EXPIRY

These save info such as passwords and usernames. They eliminate the need to enter your info every time.

They can last on your browser from 30 days to a year. The longer a cookie is around the more vulnerable to theft the information it stores becomes. These can also cause storage and performance issues.



YOU DON'T HAVE TO EAT THEM!

Most web browsers allow you to manage your cookie preferences, be sure to block 'third-party' cookies in your browser settings. Check browser settings on your mobile devices too!

Choose the "accept only necessary cookies" option when prompted to accept cookies.

To protect your personal information, be aware of your cookie settings and how your information is being tracked and handled.

DIRTY COOKIES: THIRD PARTY

These come from a website outside of the one you are visiting. They **track your activity after you have left the original site**, across multiple sites, in order to build a profile of your interests and behaviour.

This information gets shared with multiple companies risking your privacy.

These can also be used to disguise malware and malicious code.

