IPHONE & ANDROID

Phone Lockdown Guide (iPhone & Android)

Your phone holds your email, banking, authenticator codes, and often your company's data. Thieves and scammers increasingly target the phone number itself to take over accounts.

Every phone

- [ ] Use a 6-digit or longer passcode plus Face ID or fingerprint; set auto-lock to 1 minute
- [ ] Turn on automatic updates, and replace a phone that no longer receives security updates
- [ ] Install apps only from the official App Store or Google Play; delete apps you no longer use
- [ ] Review app permissions for location, microphone, camera, contacts, and photos; choose 'only while using'
- [ ] Hide message previews on the lock screen so codes and private texts are not visible
- [ ] Restart your phone at least once a week, as the NSA recommends, to clear some types of malware
- [ ] Set AirDrop and Nearby Share to Contacts Only, and turn off Bluetooth when you are not using it

Protect your phone number (SIM-swap fraud)

- [ ] Ask your carrier to add an account PIN or passcode and turn on number lock or port-out protection
- [ ] Set a SIM PIN, so a stolen SIM card cannot be used in another phone
- [ ] Use passkeys or an authenticator app instead of text-message codes for email, banking, and work accounts
- [ ] If your phone suddenly loses service for no reason, call your carrier immediately from another phone

iPhone

- [ ] Turn on Stolen Device Protection (Settings > Face ID & Passcode)
- [ ] Keep Find My iPhone on, and use Safety Check to review who has access to your location and accounts
- [ ] Consider Lockdown Mode if you are a likely target, such as an executive, journalist, or official
- [ ] Consider Advanced Data Protection for end-to-end encrypted iCloud backups

Android

- [ ] Keep Google Play Protect on, and use Find Hub (formerly Find My Device)
- [ ] Turn on Theft Detection Lock and Offline Device Lock in theft protection settings
- [ ] On Android 16 or later, consider Advanced Protection for the strongest built-in security
- [ ] Run the Google Security Checkup on your Google account

Sources and further reading

NSA: Mobile Device Best Practices and telework guidance:
https://www.nsa.gov/Press-Room/Telework-and-Mobile-Security-Guidance/
Apple: About Lockdown Mode: https://support.apple.com/en-us/105120
Google Security Checkup: https://myaccount.google.com/security-checkup

Need help rolling this out across your team? Request a consultation at nexussecurityadvisors.com/get-started.