

Quick Start Guide: Have I Been Pwned

What is Have I Been Pwned?

Have I Been Pwned (HIBP) is a free online service that helps individuals check if their personal data has been exposed in a data breach. The tool scans known databases of compromised accounts to see if your email or phone number has appeared in any public breaches.

How to Use Have I Been Pwned

- 1. Visit the Website**
Open haveibeenpwned.com in your web browser.
 - 2. Enter Your Email Address or Phone Number**
Type your email address or phone number in the search bar provided.
 - 3. Click on “pwned?”**
Press the **pwned?** button to initiate the search.
 - 4. Review the Results**
 - If your email or phone number is found in a breach, HIBP will list the incidents, showing where and when the data was compromised.
 - If no breach is found, you’ll see a message indicating your data wasn’t found in any known breaches.
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What to Do if You’re “Pwned”

- **Change Your Passwords:** For affected accounts, update your passwords immediately.
- **Enable Two-Factor Authentication (2FA):** Add an extra layer of security to your accounts.
- **Monitor for Suspicious Activity:** Regularly check your accounts for unauthorized access.