HIPAA violations can occur in a variety of ways, including through unauthorized access or disclosure of protected health information (PHI). In this quarter's newsletter, ITS is sharing some tips for protecting yourself from HIPAA violations:

- **Be aware of your rights:** As a patient, you have the right to access your medical records and to control who has access to them. Familiarize yourself with the HIPAA Privacy Rule and understand how it protects your health information.

- **Keep your medical information private:** Don't share your medical information with anyone unless you trust them, and they have a legitimate need to know. This includes not discussing your medical information on social media.

- **Use strong passwords:** If you have access to electronic health records, make sure you use a strong, unique password that you change regularly. Don't share your password with anyone else.

- **Encrypt your devices:** If you store PHI on your computer or mobile device, make sure it is encrypted to protect it in case of theft or loss.

- **Report any suspected violations:** If you suspect that your health information has been improperly accessed or disclosed, report it to your healthcare provider or the Department of Health and Human Services.

By following these tips and being vigilant about protecting your health information, you can help prevent HIPAA violations and protect your privacy. To keep compliant with the HIPAA Privacy Rule, ITS distributes a quarterly newsletter to raise HIPAA awareness. For information on HIPAA @ Loyola please contact hipaa-privacy@luc.edu.