

Living Safely

with disabilities and special health needs

How to Protect Privacy on Apps



Children's
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An RWJBarnabas Health facility

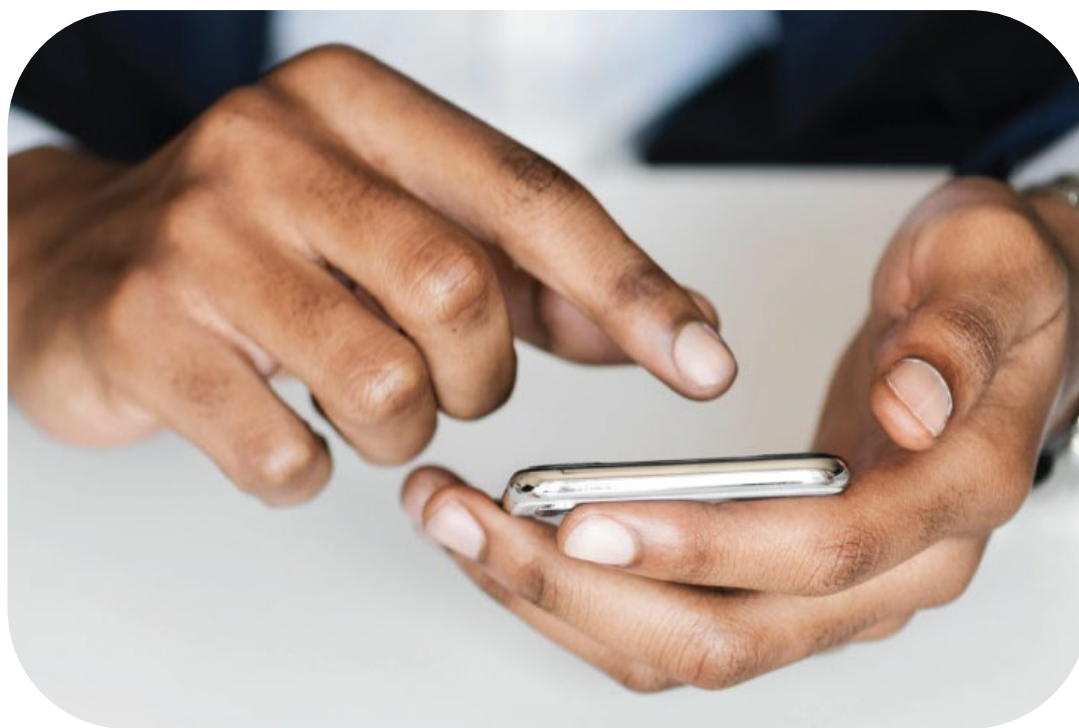


It's important for me to know about privacy settings on the apps on my devices. Before installing an app on my device, there are some things I can do to protect my privacy.



To reduce the risk of installing potentially harmful apps, I should download apps only from official app stores, such as my device's manufacturer or the app store link on my cell phone or tablet.

Some apps might be very well known and used by a lot of people. These well known apps might be more likely to be reliable and safe.



I can look up reliable information about the app and its developer before installing.

If I am not sure, I ask someone I know and trust who might know more about apps and technology. I might want to download an app that person has used and recommends for me.



I need to know what information the app will be able to access.

Before I download an app, I can read the app's privacy policy to see how my data will be used or if my data will be shared.

Is the policy vague about how the app will share my data? If it is, or if I'm not comfortable with how my information could be shared, I might want to find another app.



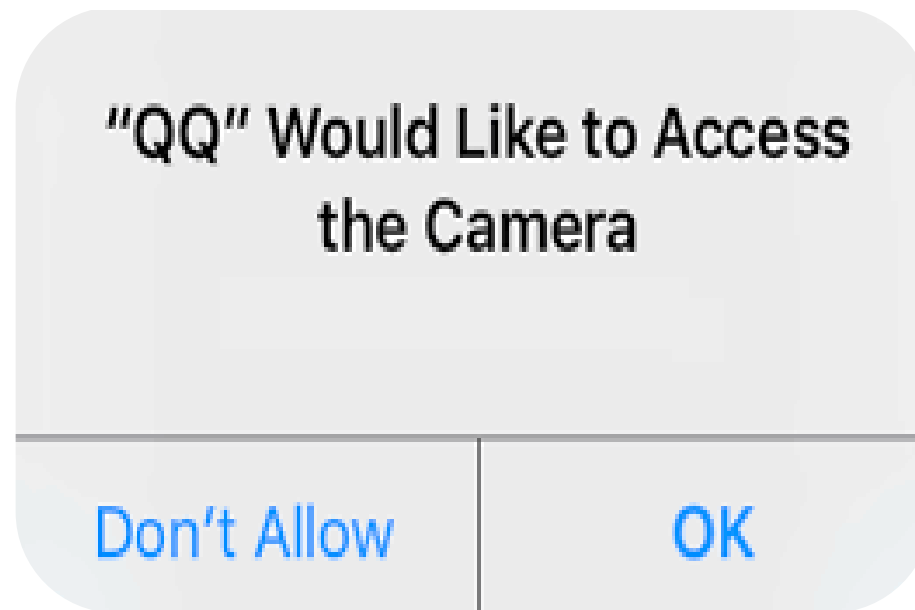
Camera



Microphone

When downloading an app, I may be asked for permission to access my camera and microphone.

I may be asked to give permission when I first download the app, or at the time the app first tries to access that information or feature.



I may also be asked for personal information such as my contact list, my location, and photos on my device. This information may be needed for an app to function. This information can also be shared with other companies.

Pay close attention to the permissions the app requests. For example, does it really need to access my location or photos to do its job? If not, I need to make sure I do not give the permission.



If an app is already on my cellphone or tablet, there are still some things I can do to protect my privacy.

I can go to my app's settings and review the permissions. I should make sure the app does not have access to information or features it does not need. I can turn off unnecessary permissions.



Some apps request lots of permissions that are not needed for the app's function.

I can consider deleting apps that need a lot of permissions.

It's important for me to pay special attention to apps that have access to my contact list, camera, storage, location, and microphone.

Location permission



Keep Notes

LOCATION ACCESS FOR THIS APP

- Allow all the time
- Allow only while using the app
- Ask every time
- Don't allow

Some apps have access to my device's location services.

If an app needs access to my location data to function, I should think about limiting the access to only when the app is in use.



I shouldn't automatically sign in to apps using my social network account.

Signing in to an app with my social network account, gives the app and the social network account access to my information.

It is safer for me to sign in to an app using a user ID or email address and a unique password.



It is important for me to keep apps updated. App developers update the apps to add safety features.

I should install app updates as soon as they are released.

To avoid unnecessary data collection, if I am not using an app, delete it.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from the Federal Trade Commission (www.ftc.gov).

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