What is the NIST Cybersecurity Framework?

The US National Institute of Standards and Technology (NIST) Cybersecurity Framework is a guide for how businesses and organizations can reduce and manage cybersecurity risks.

What do you need to know?

As a business owner, it's your responsibility to protect the data of your clients. The NIST framework helps you reduce the risks against your business and data through standards, procedures, and best practices to defend your business. The NIST cybersecurity framework brings in cybersecurity and business continuity and disaster recovery (BCDR) best practices to give you the best defense your business can have.

How do you protect your *house*?

Whether you live in an apartment, house, or boat, we're all forced to defend our homes. Following the 5 steps of the NIST framework, you can picture how you must defend your house, *literally and figuratively*. Cybersecurity and BCDR use it the same way to defend your business.

	Identify	Protect	Detect	Respond	Recover
	What valuables do you have?	*How do you protect these things?*	*How do you detect when someone gets in?*	*How do you respond?*	*How do you recover?*
House	Family/Pets	Doors/ Windows	Alarm	Police	Insurance
House	Documents/ Valuables	Locks	Doorbell Camera	Weapons	Home Improvements
Business	SIEM	Firewalls	SOC	Mitigation	Business Continuity Plan
Business	Risk Assessment	SASE	EDR/MDR	Incident Response	Backup Solutions

Why should you care?

a new ransomware attack occurs every **11 seconds**

the average cost of recovery is **$1.85M** in 2021

the average downtime for a ransomware attack is **21 days**

over 69% of SMBs admit they are concerned a serious cyber attack could put them out of business

76% of SMBs have been impacted by at least one cybersecurity attack in the last year

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