

1. If you running Windows on your Macintosh (Boot Camp, Parallels, VMware, etc) go secure it with the Windows checklist.
2. Install antivirus software and make sure it is allowed to automatically check for updates
3. Fully enable the Mac OS Firewall
 - Open System Preferences and click Sharing
 - Click Firewall, and then click Start.
 - Click the Advanced button.
 - Select Block UDP Traffic, Enable Firewall Logging, and Enable Stealth Mode.
4. Turn off file sharing, printer sharing, and remote access.
 - Open System Preferences and click Sharing
 - Click Services
 - Uncheck every checkbox in the list of Services
5. Enable Extra Security Settings
 - Open System Preferences and click Security.
 - Select Require password to wake..., Disable Automatic Login
6. Enable Screen Saver timeout
 - Open System Preferences and click Desktop & Screen Saver
 - Click the Screen Saver button
 - Choose when the Screen Saver starts by dragging the “Start Screen Saver” slider
7. Enable Extra Login options
 - Open System Preferences and click Accounts
 - Click the Padlock icon to make changes.
 - Type your Username and Password
 - Click the Login Options button at the bottom of the Accounts list.
 - Deselect Automatically Login..., Enable fast user switching, Show password hints

- Select the Name and password radio button under Display login window as.

8. Turn on Software Updates

- Open System Preferences and click Software Update
- Click the Update Software button
- Select Check for updates and set the popup menu to Daily.
- If you are using broadband, select Download important updates in the background as well.

9. Disable iTunes Sharing

- Open iTunes
- Select Preferences from the iTunes menu
- Click on the Sharing button
- Deselect Share my library on my local network