Online Privacy and Safety Tips
Clear your browser history

Whenever you browse online, a digital footprint is created which maps out your online history such as websites visited, or anything searched. Online history is easily viewable to anyone with access to your cell phone, computer, tablet, laptop, etc. Clearing the history, and emptying the cache file of saved information can be done in a few steps and is a great way to prevent being tracked.

Google Chrome

Android mobile - follow the steps below to clear your history:
- open the Chrome app
- at the top right, tap '...'
- click 'History'
- tap 'Clear browsing data…'
- next to 'Time range' select how much history you want to delete
- check 'Browsing ' Check any other data you want to delete
- tap 'Clear data'

IOS mobile (iphone/ipad) – follow the steps below to clear your history:
- open the Chrome app
- click '…'
- select 'History'
- click 'Clear browsing data'
- next to 'Time range' select how much
- history you want to delete
- click 'Clear browsing data'

Windows computer – follow the steps below to clear your history:
- open Chrome
- click '…' top right of browser
- select 'More tools'
- 'More Settings'
- Click 'Clear browsing data'
- choose a time range, such as last 24 hours or last 7 days
- select the types of information you want to remove
- click 'Clear data'

Mac - follow the steps below to clear your history:
- Open Chrome
- Click '…' top right
- Select ' History'
- Click 'Clear browsing data'
- choose a time range, such as last 24 hours or last 7 days
- select the types of information you want to remove

- click 'Clear data'

Safari

Mac – follow the steps below to clear your history:
- open Safari
- click on 'History' in toolbar
- select 'Clear History…'
- choose a time range, such as the last hour, today or all history
- click 'Clear History'

IOS – follow the steps below to clear your history:
- Click the settings icon
- Click on Safari
- Tap Clear History and Website Data.

*Clearing your history, cookies, and browsing data from Safari won't change your AutoFill information.

IOS – follow the steps below to clear your cookies:
- Click the settings icon
- Click on Safari
- Tap Advanced
- Click on Website Data
- Tap Remove All Website Data

Internet Explorer

Internet Explorer:
- click on the Tools menu (in the row at the top of the browser)
- select Internet Options from the drop down menu; you should now be on a tab that says 'General' – if not, select 'General'; under the title, find 'Browsing History' section 'Temporary Internet Files'
- Select 'Delete Browser History On Exit' or 'Click Delete…'
  - Check 'Temporary Internet files and website files'
  - Check 'Cookies and website data'
  - Check 'History'
  - Check 'Download History'
 - Click 'Delete' button

Microsoft Edge

Microsoft Edge
- Click the 'Settings and more' button in the top right corner (Alt+F)
- Select 'History' (Ctrl + H)
- Click the 'More options' button (three dots)
- Select 'Clear browsing data' OR
- Select 'Open history page'
  - Select individual website you want to delete
- Click 'Delete' button

Firefox

Firefox (Remove immediately by time range)

- Click on the 'menu' button ☰ to open the menu panel.
- Click 'History'
- Select Clear Recent History….
- Select how much history you want to clear:
  - Click the drop-down menu next to **Time range to clear** to choose how much of your history Firefox will clear (the last hour, the last two hours, the last four hours, the current day or everything).
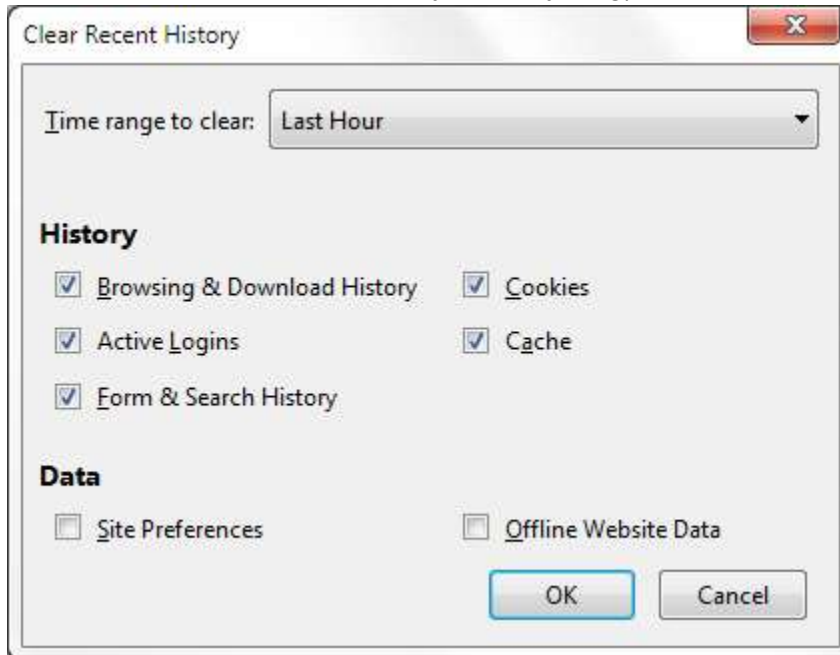
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  - Use the check boxes to select what information you want to clear from your history.
- Click the '**OK'** button.
  - The window will close and the items you've selected will be cleared from your history.

Firefox (Remove single website immediately)

- Click on the menu button ☰ to open the menu panel.
- Click 'History'
- Select 'Manage History' (bar at the bottom)
- Search for the website you want to remove from your history by typing its name in the **Search History** field in the top-right corner and then pressing **Enter**.
- In the search results, right-click on the site you want to remove
  - Select 'Forget About This Site'

Incognito browsing on Chrome

In Incognito, none of your browsing history, cookies and site data, or information entered in forms are saved on your device. This means your activity doesn't show up in your Chrome browser history, so people who also use your device won't see your activity.
To use incognito browsing:
- Open Chrome
- click '…'
- select 'New incognito window/tab'

(source: https://www.sussex.police.uk/advice/advice-and-information/daa/domestic-abuse/hide-your-web-history/?__cf_chl_captcha_tk__=RAP5Pp1xTPMVMh5O.Zc6l6RGdDpjfRWzcTJqjPaD4_8-1641579899-0-gaNycGzNCGU)