A PRACTICAL GUIDE

Scan yourself before hackers do.

One AI prompt that checks your setup and your online footprint, run the safe way.

Start here

Use it with ChatGPT, Claude or Codex. An AI app on your computer can look at what you let it see. A chat in your browser can only search the web, and that's still worth doing.

Built from public guidance and news reporting. Not a substitute for an IT professional. Independent TechLatte guide, not affiliated with OpenAI or Anthropic.

Sources: CISA, Secure Our World

01 / WHY NOW

What Black October means for you.

"Black October" is the name news outlets gave a run of hacks in October 2026. Two serious flaws in PHP, software behind a huge number of websites, got an emergency fix on October 21. Reporters also covered attackers using AI to find weak spots faster.

What it doesn't mean

It doesn't mean your computer has been hacked. You don't need to panic, and you don't need to buy anything.

> **The practical problem**
>
> Old software, reused passwords and personal details in public view make anyone easier to target. You can fix all three this week.

Sources: CNBC, Oct 23, 2026 · 404 Media

02 / BEFORE YOU SCAN

Four rules before you start.

1. **Use your own computer and personal accounts.** On a work laptop, ask your IT team first.
2. **Keep it read-only.** The prompt tells the AI not to change anything. If it asks to install, delete or change something anyway, say no.
3. **Never type or paste a password.** If one shows up in the results, don't share or screenshot it.
4. **Read every permission request.** A desktop AI app only sees the folders, apps and accounts you allow. Allow only what you're comfortable with.

> AI can miss things, and it can be wrong. Treat the list as a starting point, not a clean bill of health.

03 / THE PROMPT

Copy this prompt.

Please scan my system, all of my online presence and projects, everything you can find about me online. Look for vulnerabilities. Specifically, look for vulnerabilities tied to established bugs, hacks and zero-day vulnerabilities found during the Black October event, which is ongoing. Don't change anything, and don't show me any passwords. Come back to me with a list of vulnerabilities, stacked in priority order, and a plan to fix them.

Paste it into the ChatGPT, Claude or Codex app on your computer. A temporary or incognito chat keeps the results out of your history.

Only using a browser?

Search the web for everything you can find about me: [your full name], [your city], [your business]. List what's public that a scammer could use, in priority order, and tell me how to remove or lock down each one. Don't ask me for any passwords.

Fill in the brackets. This version checks your public footprint only.

Sources: CNBC, Oct 23, 2026

04 / READ THE RESULTS

Work the list from the top.

1. **Start with the first three items.** The AI ranked those highest.
2. **Check each fix on the company's own help page** before you do it.
3. **Don't download any "security tool"** from a link you don't recognize, even if the AI suggests one.
4. **Skip anything you don't understand** and ask someone you trust.

Keep the list private

The results describe your weak spots. Don't post them or send them to anyone you don't know.

05 / THE BASICS

Four fixes worth doing anyway.

Whatever your scan turns up, these four come straight from CISA, the U.S. government's cybersecurity agency.

- [ ] **Strong passwords.** Long, random and different for every account. Let a password manager create and save them.
- [ ] **Two-step sign-in.** Turn on multifactor authentication, starting with email, bank and social media.
- [ ] **Automatic updates.** Turn them on for your computer, phone, browser and apps.
- [ ] **Think before you click.** Be wary of emails, texts or calls that ask for personal information.

Sources: CISA, Secure Our World

06 / CHECKLIST

Your SCAN checklist.

- [ ] Ran the scan with the read-only prompt
- [ ] Fixed the top three items
- [ ] Automatic updates turned on
- [ ] Two-step sign-in on my email
- [ ] Password manager set up
- [ ] Removed my details from people-search sites (see the free REMOVE guide)
- [ ] Checked my Claude privacy settings (see the free SECRET guide)
- [ ] Reminder set to scan again next month

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