

Who can track me online?

When you browse online without a VPN, you're vulnerable to tracking from several different sources.



Internet service providers

ISPs can observe your online activity. For example, if it involves a lot of 4k streaming, they can choose to throttle your bandwidth during high-traffic times of the day.

Cyber criminals

Hackers and cyber criminals use social engineering combined with malware to inject tracking software into your device or computer. They can also intercept traffic and steal your data via unsecure public Wi-Fi.

Government agencies

Some agencies have been known to approach ISPs directly for information on certain people of interest. Other governments have their own methods of tracking individuals.

Want to learn more? Read the full article this infographic is based on [here](#).



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