

# All About...

## Your Phone Can Be Tracked – And It's Easier Than You Think

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Most of us carry our phones everywhere, trusting them with everything from passwords to private business conversations. But here's the unsettling truth: phone tracking is far more common – and easier – than most people realize.

Whether it's a jealous partner, a disgruntled employee or a cybercriminal targeting your business, anyone with the right tools can monitor your location, read your messages or even access sensitive business data without you ever knowing. And for business owners, that puts more than just your privacy at risk. It puts your operations, clients and bottom line in danger.

### How Phone Tracking Works:

There are several ways someone might track your phone:

- **Spyware Apps:** These can be secretly installed to monitor calls, texts and app usage. Some can even activate your microphone or camera without your knowledge
- **Phishing Links:** Clicking a malicious link in an e-mail or SMS can silently download tracking software onto your phone
- **Location Sharing:** Apps with excessive permissions or with social platforms you forgot were still logged in might be sharing your location in the background
- **Stalkerware:** This specific type of spyware is designed to hide in plain sight, often disguised as harmless apps or settings tools

These methods don't require advanced hacking skills – many are sold commercially under the guise of "monitoring software."

### Why This a Big Deal for Business Owners

If you run a company, your phone likely contains more than just personal messages. Think: e-mails with confidential client data, saved passwords, banking access and employee records. A compromised phone can be an open door to your entire business.

The scarier part is the likelihood that you won't realize you're being tracked until it's too late, after an account is drained, a deal is leaked or customer trust is broken.

Consider this: a single data breach costs US small businesses an average of \$120,000 (Verizon Data Breach Investigations Report). If your device is the weak link, that breach could start in your pocket at any moment.

## Signs Someone Might Be Tracking Your Phone

Most spyware tools are designed to operate quietly, but there are still signs to watch for:

- Battery drain that doesn't match your usage
- Increased data usage or strange spikes
- The phone feels hot when idle
- Unexplained apps or icons
- Background noise during calls
- Frequent crashes or unresponsive screens

These symptoms don't guarantee your phone is compromised, but when paired alongside other unusual behavior, they're worth investigating.

## How To Stop Phone Tracking

If you suspect someone is tracking your phone, here's what to do:

- 1. Run A Security Scan:** Use a reputable mobile security app to detect and remove spyware or malware. These tools can also monitor your device in real time and alert you to new threats
- 2. Check App Permissions:** Go through your app list and review permissions. Disable unnecessary access to location, microphone and camera – especially for apps you rarely use
- 3. Update Your Phone:** Security updates often include patches for vulnerabilities that spyware might exploit. Make sure your phone is running the latest OS
- 4. Perform A Factory Reset:** If spyware is confirmed and can't be removed easily, a factory reset is the most thorough option. Just make sure to back up critical data and change all important passwords after the reset
- 5. Set Up Security Controls:** Use biometric logins (like Face ID or fingerprint) and enable multifactor authentication on critical business apps and accounts

## Don't Leave Your Phone – And Business – Exposed

Because you're a business owner, your phone is more than a personal device. It's a mobile command center, customer file cabinet and sometimes a virtual vault. That's why keeping it secure should be non-negotiable.

Cybercriminals are opportunists, and a compromised mobile device gives them an easy way in – no firewall needed.

If you're serious about protecting your data, your team, and your clients, start with a FREE Network Risk Assessment. We'll help identify hidden vulnerabilities in your systems and devices and recommend a path forward.

Click here to book your [FREE Cybersecurity Assessment](#) now.

Questions? Call our Glenside, PA office today at 267-699-2551. Or visit us on the web at [AOR-ITS.com](https://aor-its.com) to learn more about our proven managed IT solutions, including cybersecurity, for small local businesses.