

WHAT'S EATING YOUR MOBILE DATA AND HOW TO PREVENT IT



Use WiFi You can minimise data usage by connecting to WiFi whenever possible. That way, your phone can use WiFi to send and receive data rather than 3G/4G, which is more expensive



Emails & Attachments: Sending and receiving email uses data. The more attachments and photos you send and receive, the more data you use. Set your phone to only download emails when connected to a WiFi network or to manually request the download. Limit the size of attachments downloaded



Maps: Google Maps and other navigation apps continuously load map details onto your device when you have the app open, consuming lots of data. Only use Maps if you really need to.



Internet Browsing: Websites need data to load their content. Using Google, shopping or banking online, booking travel and accommodation or accessing the news all needs data. Please limit internet use on your device to work purposes only.



Tethering to Personal Hotspots: Tethering allows you to share your phone's data connection with another device. This can eat through data extremely fast, resulting in excessive charges. Avoid tethering where possible.



Apps: Your device comes with pre-installed apps. Downloading more apps uses up more data. Apps also constantly use data to connect to servers in the background to keep their content updated. If you have installed apps on your phone that are not required for work purposes, please uninstall them, and set your phone to auto-update apps over WiFi only.



Streaming: Streaming apps and websites like Netflix, YouTube, Spotify, SoundCloud and Radio will hungrily eat through your data plan. Please avoid streaming sites or apps.



Digital Media: Purchasing and downloading digital media (e-books, music, movies) from online sites like iTunes or Amazon contributes greatly to data usage. This is best avoided.



Social Media & Chat: Facebook, Twitter, Instagram or Pinterest all use big chunks of data, particularly when posting or viewing photos or videos. Even sending photos and videos via "free" chat services like WhatsApp, Skype, Facebook Messenger, WeChat, SnapChat, Viber or Tango will use up your data. Data usage is especially high with video calling, like Skype.



File Sharing: Leaving a file sharing programme like DropBox open is one of the most common causes of high levels of excess data usage. These are not recommended for mobile devices.

Please familiarise yourself with our policies, guidelines and codes of conduct relating to mobile devices and the CMH Safe Mobile Communications Policy on SouthNET. Other helpful mobile device guides can be found [<here>](#)