Do I need to use Duo every time I login?

Tell Me

1. Yes, but using the **Remember me for 30 days** option on a trusted computer will make it easier.

   Protect your data: do not use this option on public or shared computers. In particular, this option will not work on classroom podiums since they are shared computers.

2. Check the **Remember me for 30 days** checkbox at the bottom of the Duo window and select your Duo authentication method: **Send Me a Push**, **Call Me**, or **Enter a Passcode**

![Duo Authentication at UNC Charlotte](https://university.duo.com)

NOTICE: You MUST close and exit your browser program after log out to ensure security.

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**Related FAQs**

- [How do I sign up for Duo?](#)
- [How do I use Duo while traveling outside the U.S.?](#)
- [Do I need to use Duo every time I login?](#)
- [An Infographic: Answering 7 Questions About Using Duo 2-Factor Authentication from Student Employees](#)
- [How do I use the Duo app to generate a passcode?](#)