

WHAT TO AVOID DOING WITH THE COMPUTER TO LIMIT YOUR EXPOSURE TO VIRUS / SPYWARE

1. Don't download files (music/videos etc) from file sharing programs such as Limewire. Also be aware that downloading music and films like this is illegal and the government are looking to crackdown on these activities and are working together with internet service providers to cut off the internet to customers who engage in these activities.
2. Don't except or send files with Msn messenger or Yahoo messenger.
3. Don't open any emails you are not sure of, or look suspicious, and definitely don't open any spam mails, also be very careful clicking on links in emails, even if you know the person that sent it, ie if there's just a link to strange looking website, don't click on it!
4. Stick to the commercial web sites, ie Youtube, Facebook, Yahoo, Msn, eBay, Amazon etc. Ie, do not visit or search for any 'adult' websites/material whatsoever.
5. Don't click on popup's no matter how appealing they look or if they insist or recommend that you do.
6. Don't download anything onto the computer, again even if it looks appealing or if they insist or recommend that you do. Except for java, adobe reader and adobe flash player updates but don't install any toolbars when updating.
7. Run scans with your virus and spyware programs once a month.
8. Don't pay any programs proclaiming you have a virus/spyware infection as these are malicious software programs.
9. Run Microsoft updates regularly.
10. Always wait for computer to shut down properly, especially during Microsoft updates and never shut down during updates, be patient!