

Firstly, make sure your antivirus is installed and operational. This will not prevent you from being infected, but it will prevent the infection from doing any damage. However, no antivirus product is 100% effective and will not recognise every virus/malware/adware that you come across. In order to avoid problems, you are best to avoid areas of the internet that are likely to hide malware and viruses and make sure some software is always up to date with its patches.

Here is our list of most important things to do or not do:

DO...

1. DO use common sense, and be skeptical of anything you see on the internet, if it seems too good to be true, it is.
2. DO ensure Adobe Flash Player is always up to date. If you get prompted to update Flash, follow the prompts until it completes.
3. DO supervise anyone else using your laptop at home, to ensure they don't click things they shouldn't. Make sure other users, especially your kids, are aware of this checklist.

DON'T....

1. DON'T click on any advertising on web pages, anywhere, ever. ESPECIALLY animated ads.
2. DON'T use file sharing software to download music/movies/programs illegally. Many of the programs downloaded this way are infected with virii and malware, especially "cracks" for trial software. Examples of these are: Limewire, BearShare, BitTorrents.
3. DON'T click on scary-looking pop-ups that tell you you're infected with a bunch of nasties, or that your disk or memory needs scanning. DON'T even click on the X on the top-right of the window, as this may also be a source of infection. Instead close the pop-up by using the key combination of Alt + F4. This closes the currently activated window. Then restart your machine immediately. This may stop any malware from installing, and will activate an antivirus scan.

Find more information at:

<http://www.techrepublic.com/blog/10things/10-ways-to-avoid-viruses-and-spyware/813>

http://www.pcworld.com/article/116586/internet_tips_think_before_you_click_to_avoid_viruses_and_scams.html

<http://www.youtube.com/watch?v=CilToBYDtqA>