



## IF YOU REGULARLY CONNECT TO THE INTERNET.....

*Some general do's and don't's to help you online*

1. **Critical Microsoft Updates must be downloaded and installed.** Microsoft issues updated weekly to improve the efficiency and security of their operating systems. Updates are absolutely necessary if you plan to use the internet. These updates can be set to run automatically, which is preferred for those with high speed access via DSL or Cable. For those with dial-up service, updates at times can present a challenge to download and install.
2. **Purchase an Anti-Virus Subscription, install it, and keep it up-to-date.** Almost all anti-virus software for the home user is purchased as a one year subscription. Even if you have the latest version of McAfee, Norton, Trend Micro, AVG, etc. if you don't constantly update the virus definition DATs, then you risk getting the latest bug, worm, or Trojan. Most anti-virus programs can be set to auto-update. Learn how to check your anti-virus software for the date of the latest virus definitions. These definitions should be current to ensure you are adequately protected.
3. **Install an Anti-Spyware program** to control and inhibit spyware and adware. Many of today's anti-virus applications come with anti-spyware applications. Spyware works its way into your system and will "SPY" on your online activity tracking your internet history, monitoring your keystrokes to gain access to your account numbers and passwords. Installing an anti-spyware program can keep many of the spyware programs and pop-ups from loading themselves onto your computer and will attempt to clean and remove those that do get installed. These programs must also be kept current by downloading the current definitions. (See **VIRUS PREVENTION** notes)
4. **Don't open any e-mails or their attachments if they come from people you do not know,** especially if they look suspicious. If they come from people you know, and they just don't seem right, don't open them. Viruses can come from your friends.

As a general rule it is best not to download "free" programs from the Internet. There are very few exceptions. Free programs too often come with strings attached. Also, they usually require you to register, thereby providing contact information. There are a few that are extremely malevolent and are the worst at adding spyware that at times can be the source of viruses. Among these sites are the popular free music sharing programs and any of the sites that promise to speed up your computer and offer free pop-up stoppers. Generally, applications found at [www.cnet.com](http://www.cnet.com) are safe to download.

For more information regarding spy-ware and anti-virus software,  
contact your nearest ByteSize Service Center.

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