HOW CAN I AVOID MALWARE OR VIRUSES ON MY COMPUTER

Here are the best ways to avoid getting malware or viruses on your computer:

- **Install and keep up-to-date antivirus software.** Antivirus software can scan your computer for malware and remove it if it is found. It is important to keep your antivirus software up-to-date so that it can protect you against the latest threats.

- **Be careful about what you click on.** Malware can be spread through email attachments, malicious websites, and social media links. Be careful about what you click on, and only open attachments or links from trusted sources.

- **Use strong passwords and keep them safe.** Malware can steal your passwords and use them to access your accounts. Use strong passwords and keep them safe by not writing them down or sharing them with others.

- **Keep your operating system and software up-to-date.** Software updates often include security patches that can protect you against malware. It is important to keep your operating system and software up-to-date so that you are protected against the latest threats.

- **Be careful about what you download.** Only download files from trusted sources. Malware can be spread through pirated software, cracked games, and other unofficial downloads.

- **Use a firewall.** A firewall can help to protect your computer from unauthorized access. It is important to use a firewall, especially if you connect to the internet through a public Wi-Fi network.

- **Be aware of the signs of malware infection.** If you think your computer may be infected with malware, look for the following signs:

  - Your computer is running slowly or freezing.
  - You see pop-up ads that you did not expect.
  - Your browser settings have been changed.
  - You see unfamiliar programs or files on your computer.
  - You receive emails from people you do not know asking for money or personal information.

If you see any of these signs, it is important to scan your computer for malware and remove it if it is found. You can also contact a computer security professional for help.