

# Internet Security

The Plain English Guide to Internet Security offers an easy and understandable guide to protecting your computer from the common forms of Internet security issues. In a clear and jargon free way we show you seven steps to protecting your computer:

- Windows Update
  - <http://windowsupdate.microsoft.com/>
  - Running windows update will ensure your computer is patched with all the current Microsoft security patches. Note that you must use Internet Explorer to follow this link
  
- Anti-Adware
  - [http://www.lavasoftusa.com/products/ad-aware\\_se\\_personal.php](http://www.lavasoftusa.com/products/ad-aware_se_personal.php)
  - Download the free version of Ad-Aware by Lavasoft and follow the prompts to Ad-Aware SE Personal. Install the software by following the on-screen prompts. When you have completed scanning your system delete all found objects.
  
- Anti-Spyware
  - We recommend 2 choices here. The first is freeware and is called Spybot Search and Destroy. Follow the links from the homepage at [http://www.safer-networking.org/Registered users onlyView Flash Movie on using Spybot Search and Destroy Registered users only](http://www.safer-networking.org/Registered_users_onlyView_Flash_Movie_on_using_Spybot_Search_and_Destroy_Registered_users_only)
  - The second product is a commercial product, download from
  - <http://www.pctools.com/spyware-doctor/>
  - The advantage of this product is that it can protect you in real time and has several automated functions.
- Anti-Virus
  - Again we have 2 choices here for virus protection. The first is a Virus cleaner from Avast and can be found at <http://www.avast.com/eng/avast-virus-cleaner.html>
  - Our alternative choice is from the Kaspersky Lab and can be found at <http://usa.kaspersky.com/downloads/trial-versions.php>
  - Install and run one of these products to check for virus infections on your PC.
  
- Anti-Spam
  - Download the current version of Spambully
  - This will give you an immediate reduction in the spam you receive and effectiveness will increase as the system resides in your email application and can be fine tuned over time to decrease spam in your email.
  
- Update Browser
  - <http://www.microsoft.com/windows/ie/downloads/default.mspx>
  - <http://www.mozilla.com/en-US/firefox/>
  
- These browsers are the current market leaders for faster, more secure online browsing.
  
- Personal Firewall
  - Trial the Kerio Personal Firewall from Sunbelt Software or alternatively start with the Zone Alarm Personal firewall from the Zonelab company The guide is free however we do ask that you register with us to gain access to the download page. Don't worry we hate spam as much as you do.