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Computer Flu Season on Windows

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Did you get your flu shot this year? It’s always good to protect your health from those nasty germs and viruses – and the same is true with your Windows computer. In this short overview we will cover some essential basics of computer protection.

There are many FREE anti-virus protection programs (apps) out there, and almost all of them offer an “upgraded” version for a monthly or annual fee. I really have no experience with what the upgrades ($) versions offer compared to their free version, but I have used the free Windows Defender for quite a few years now and so far, so good. Windows Defender comes with Windows and it may already be active on your computer. Just left-click on the little Windows icon in the lower left corner of your screen and you will see an alphabetical list of all your apps. Left-click on “Windows Defender Security Center” and you will see if this program is running on your computer.

You do need an active “running all the time” virus protection program on your Windows computer to protect you from the nasties. If you use another virus protection app, remember that only ONE virus protection program should be active or running, do NOT try to run two at the same time – they will interfere with each other and bring your system back to the stone age of slowness. I think it is wise to delete all other virus protection apps from your computer except the one you are actively using. On my computer, if I delete an active virus protection program, Windows Defender steps right in to protect me right away. That’s very nice of them. Whatever virus protection app you are running, check the options for “automatic updates” and turn that “on”. That way it will update itself without you having to do anything.

Like they say on TV – “But wait, there’s more..” and there is. Besides active virus protection, you also should use some free software that will SCAN your system for problems. In my case, I use “CCleaner” (note the two-letter C’s) and “Glary Utilities.” There are probably a least a dozen more you can pick from. These apps are not “always active” type of virus protection – you have to run them. I usually run both of them every day, it only takes a minute.

Of course ALL of these apps have multiple options, tools, and things you can do with them. For example, Windows Defender has an option to scan your computer for problems too – a “quick,” “full,” or “custom” scan. Whatever app you choose, please take some time to learn about it by searching YouTube – “How to use Windows Defender” for example. You do not have to learn all the options – there are way too many anyway – but only the basics.

As another example, Glary Utilities can also tell you what software upgrades you need and install them for you – a very nice option. Please ask your friends and relatives – “What do you use to protect your computer?” And searching the internet for the “most popular” apps is always a good idea too. I am sure you are aware of how great it is to use Google or YouTube to find very helpful videos on how to use whatever apps you pick. If you run ANY app, it is always a good idea to watch a ten-minute video about it. You will learn not only how to use it for the “basics,” but also will learn some of the popular options that may also be helpful to you. Most of the options or choices offered are way over my head so I just stick with the basics.

Unfortunately nothing is guaranteed. You could pay good money for protection and still get a virus. But it is always to have something than nothing. And if that something costs nothing, well, that’s not a bad deal.