

Antivirus: how to get virus protection



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Antivirus software protects your computer against malicious software designed to damage the system or compromise your security.

New computers are often preloaded with a trial version of antivirus software – for example, Norton or McAfee antivirus. This will protect you for about three months, but then you'll need to either pay a subscription to continue using it or install one of the popular free programs.

If you decide on having a free program, you'll need to make sure that you uninstall any existing antivirus software first. It's best to do this by visiting the appropriate manufacturer's website and downloading their 'removal tool'.

The instructions below will guide you through downloading a free antivirus program called Windows Security Essentials. Windows 7.

In Windows 8 versions and Windows 10 there is a built in antivirus and firewall protection through Windows Defender. You can read about its features and check your computer is up-to-date [here](#).

Follow these step-by-step instructions to protect yourself against viruses

Step 1: Open Internet Explorer.

Step 2: Click on this link <https://support.microsoft.com/en-gb/help/14210/security-essentials-download> or type into your browser address bar and press the '**Enter**' key on your keyboard.

Step 3: Click **Get it now**.

Protect your PC

Get Microsoft Security Essentials for the low, low price of free
Microsoft Security Essentials is supported on Windows 7 and Windows Vista.

Get it now



Step 4: You will be taken to a 'Downloads' page. Choose the language and version of the program that you would like. Click **Download**.

Danish	dansk	Select your version Download
Dutch	Nederlands	Select your version Download
English	English	Select your version Windows Vista/Windows 7 32-bit Windows Vista/Windows 7 64-bit
Estonian	eesti	Select your version Download
Finnish	suomi	Select your version Download

A pop box will come up on the screen asking you if you want to 'Run' or 'Save' the file. Choose **Run**.



Step 5: A 'File Download – Security Warning' screen now appears. Click **Run**.

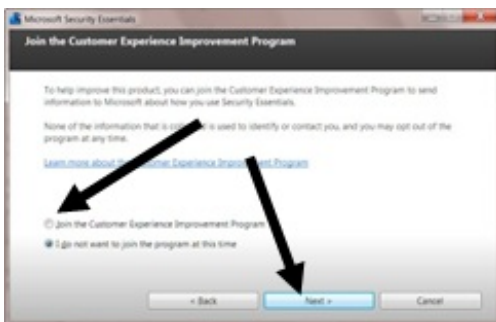
Step 6: Click **Next**.



Step 7: Click to accept the licence agreement.



Step 8: You'll need to decide whether to participate in the Microsoft Customer Experience Improvement Program, which sends usage statistics back to Microsoft.



Step 9: Click **Install** to put the Windows Security Essentials program on your computer.



Step 10: Finally, you'll need to click **Restart now** to finish the installation. Your computer will shut down and start again.



Windows Security Essentials will now be on your computer, represented by a green icon (*see right*) in the system tray in the bottom right-hand corner of the screen.

The program will periodically scan your computer to check for any problems. If something needs attention, the icon will change from green to orange or red. If this happens, click the icon to open the program and click **Scan** or **Update** as necessary. (Microsoft should, however, automatically send updates to download when they come available.)

Done!

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Next steps

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