Keeping Computers healthy


Does your computer sometimes feel a bit blue?

Preventive maintenance can help you avoid many problems and keep your computer operating efficiently. Basic computer care is simple and extends the life of your computer.

Computer care involves both software and hardware.

Here are three basic things you can do to keep your computer running well.

1. Get antivirus software to secure your computer from the inside.
2. Perform regular software updates to help it run smoothly.
3. Do your computer maintenance regularly.

## Antivirus Software

Both PCs and Macs need protection from malware. A good antivirus software will protect your computer from all types of malicious software you may encounter when downloading software, opening infected email, or just surfing the Internet.

Here are a few popular antivirus products:

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| McAfee AntiVirus Plus | Symantec Norton AntiVirus Basic | Webroot SecureAnywhere | Bitdefender Antivirus Plus | Kaspersky Anti-Virus |

## Software Updates

Keeping the software on your computer up to date helps it run better because updates often contain fixes for bugs and glitches of the previous version.

## What is Regular Maintenance?

1. Back up your files.
2. Clean your monitor and keyboard.
3. Use a surge protector.
4. Eject devices, drives, and other media before removing it.
5. Avoid extreme temperatures.

Don’t be afraid to contact a professional when needed. Just like you, sometimes even the best-maintained computer can get sick. Take care of it, and it will take care of you!