

# Help! I Can't Handle One More Virus!

By Maria Marsala

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"There are 500 new virus/worms created each month", according to the McAfee.com website. Whenever I learn out about another virus or worm that has developed into "medium or high" status, I shake my head in disgust. Have you ever wondered what would happen if that virus programmer turned their energies around and instead developed a positive program for us to use? Can you imagine how terrific that program would be?!?!

If you haven't heeded the latest slew of virus warnings then you've probably been hit with a virus or worm. It's likely you've also lost use of your computer for at least a few hours if not a few days. In some cases, you've lost very important computer files or programs, too. Take some steps today, so that you'll have a virus free year.

Now every anti-virus website tells you to not open attachments from people you do not know. The thing is, that even attachments from people you love, could infect your computer with a virus. I'm going to come clean and admit the truth. I too have had a virus wreak havoc on my computer - ONCE! And once since April of 1994 was enough for me! Actually it was a beautiful attachment of fireworks that a friend sent me. Well, it looked like fireworks before it destroyed some of my Word documents and other programs!

So, I won't tell you to not open attachments. That's a crazy suggestion anyway. Instead, take the time now, right now, this moment, to protect your computer.

~Subscribe to an ezine list, such as the ones listed below where the owner provides their readers with an added value. This value comes in the form of important Internet alerts.

Maria's Place - Helping You and Your Business Grow  
<http://www.coachmaria.com/popup.html>

Web Chamber <http://www.webchamber.com>

~Most new computers come with an anti-virus program and often the data files for that program are out of date by the time you receive your computer. Locate the anti-virus program on your computer, get on the Internet and download the latest .dat (data files) or zip files (large group of files compressed so they download quickly).

~If you don't have an anti-virus program, test drive one of the many programs available on a 30-day trial. Purchase a program that offers an automatic scheduler feature and set the system to update files once a week.

~The most popular anti-virus programs are McAfee and Norton, however there are many other programs available\*.

<http://www.mcafee.com>

<http://www.norton.com>

<http://www.sophos.com>

<http://www.grisoft.com>

<http://www.antivirus.com>

<http://www.alwil.com/en/default.asp>

<http://www.escorcher.com/>

~Costco, Sam's Club, Office Depot, Office Max, Staples, etc. carry one or both these programs and they all have online stores, too. Or try an online comparison store like mysimon.com, pricegraber.com, amazon.com

~Add "yearly update of my anti-virus program" to your business or personal budget.

~Put aside 30 minutes to read the directions of your new anti-virus program so that you know everything it can do. If you're updating, the "read me" text file usually contains what's been updated or added since the last version.

~Know, that if you have email programs other than Microsoft, you can still end up with a virus. Anti-virus programs are designed to destroy files and cause fear. Viruses have been targeted at Adobe PDF, ICQ and other Microsoft files!

~Microsoft provides updates to programs on their website. Security updates may include fixes for a virus and are called critical files. Visit the sites below once a month to update all critical files.

MS Main Program Updates

<http://windowsupdate.microsoft.com/>

MS Office Updates

<http://office.microsoft.com/productupdates/>

~When you use them properly, anti-virus programs work! However remember that they are reactive not proactive.

Whenever you hear about a new virus, update your data files immediately.

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