

Free Spyware removal, AntiVirus and Personal firewall

There are a number of free (for home PC use only, not business) packages that do this, here are (I think) the best. If you shop on the internet the first 2 items are very important.

AntiVirus (AVG Free)

<http://free.grisoft.com/>

Spyware removal (Adaware)

<http://www.lavasoft.de/support/download/>

Firewall (Zone Alarm)

[Zone Alarm](#)

Web Browser with pop-up protection (Firefox)

[Get Firefox with Google Toolbar](#)

Also, if you use Windows and you are not sure if your PC has the latest fixes you should go to <http://update.microsoft.com> and follow the instructions.