Digital hygiene guidelines

- **Category:** Protect one's self and others

- **Activity Description:**
  Install antivirus software

- **Aims (What are you going to learn?):**
  At the end of this lesson you will be able to:

  ○ Download a software installer for an antivirus software
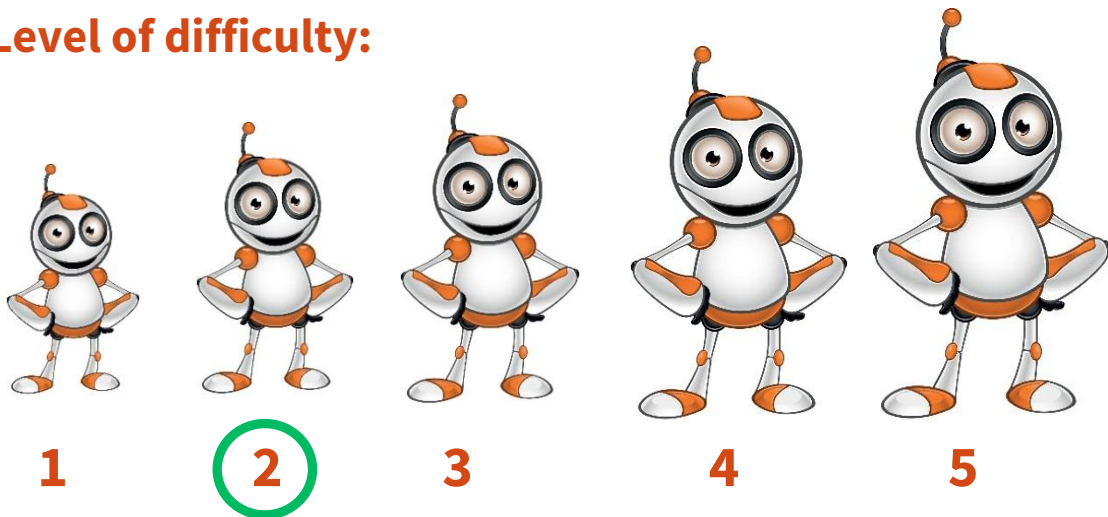 ○ Install an antivirus product

- **What are you going to need?**
  Software:

  - Web browser

- **Audience/target group:** Adults

- **Time needed:** 10 minutes

- **Level of difficulty:**

1   2   3   4   5

- **Before we start we need to ensure that the user has:**

  - basic skills of web navigation
  - confidence in installing software on their PC
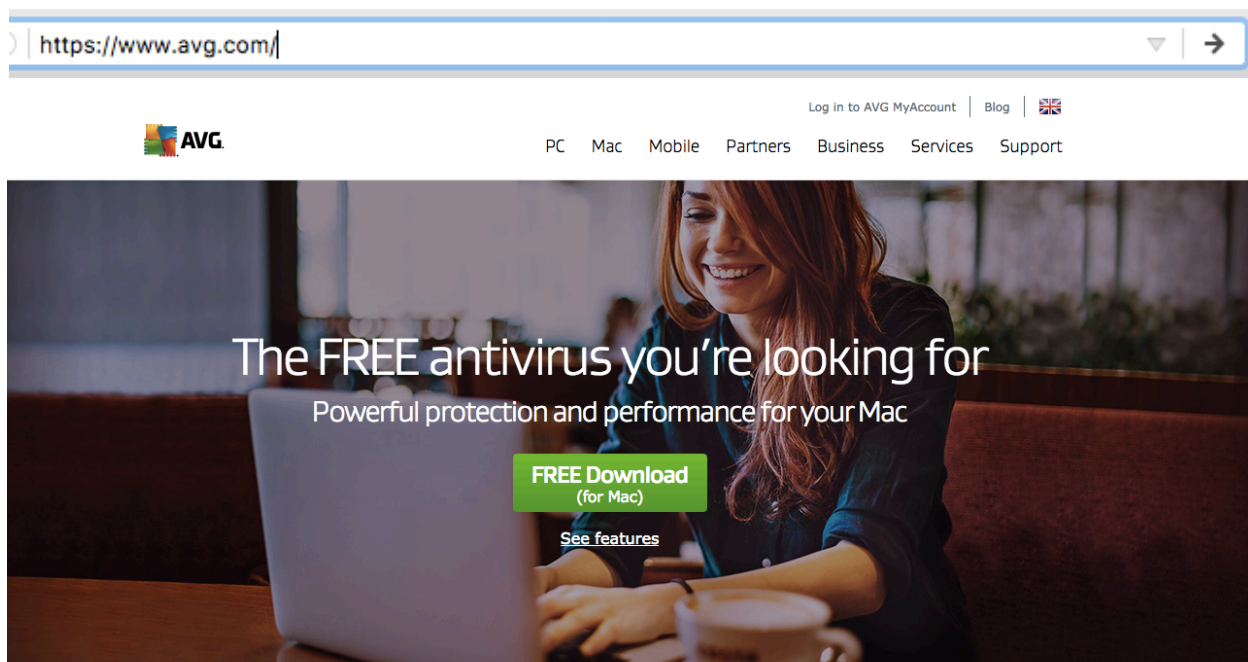
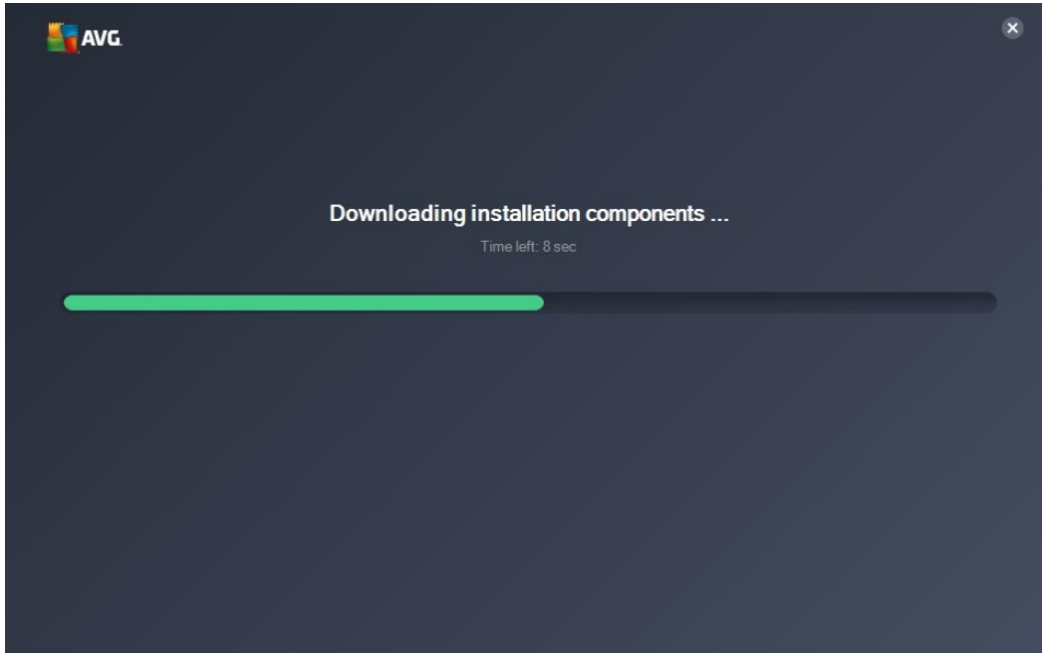- **Related products:**

  - McAfee
  - ESET

STEPS TO INSTALL A FREE ANTIVIRUS (AVG)

Antivirus software is a critical component for the "health" of you computer. Having an antivirus installed **does not mean** that your computer will not get infected by a virus! It only means that you are reducing the chances of this happening; an antivirus software is about 50% effective, which means that we have solved half of the problem!
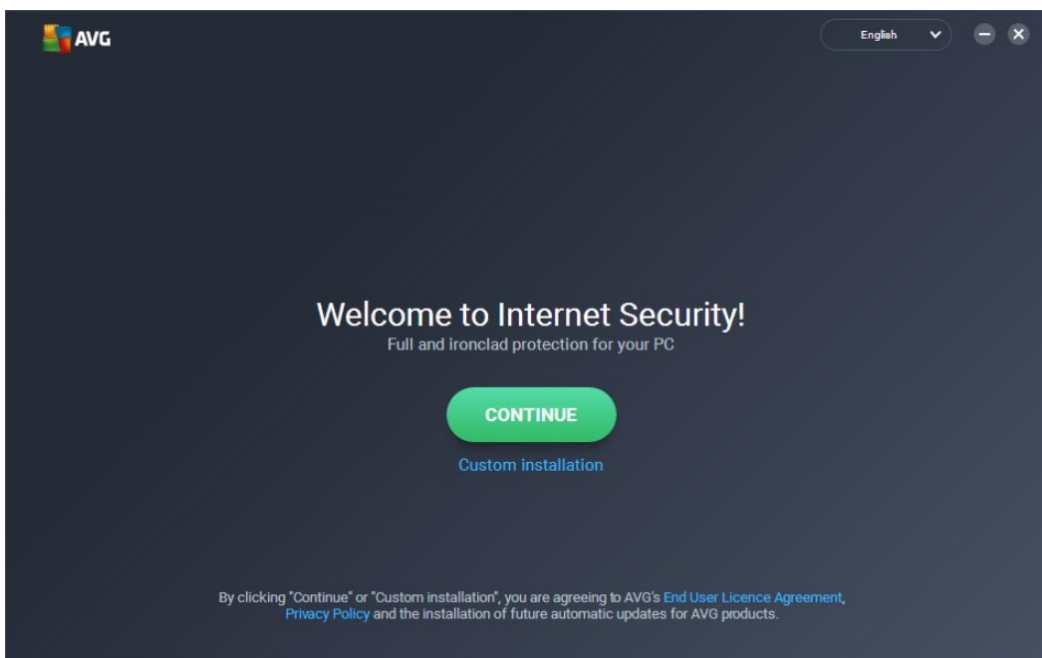
1. Open your browser and go to www.avg.com and click on the FREE Download button. This will download the installer (AVG Setup)
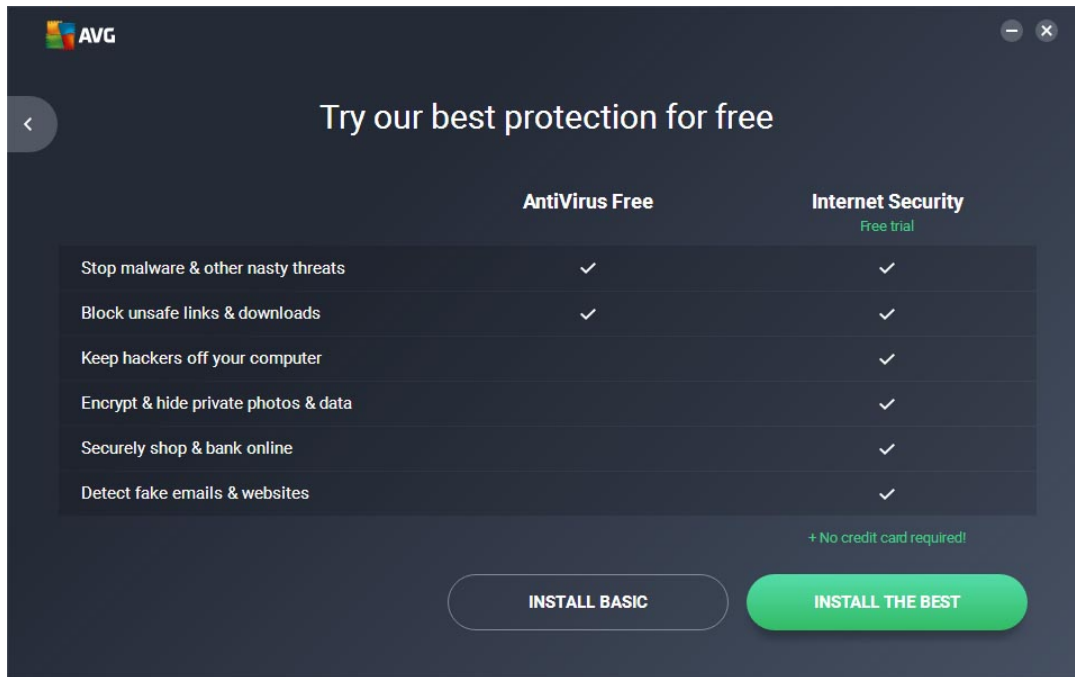
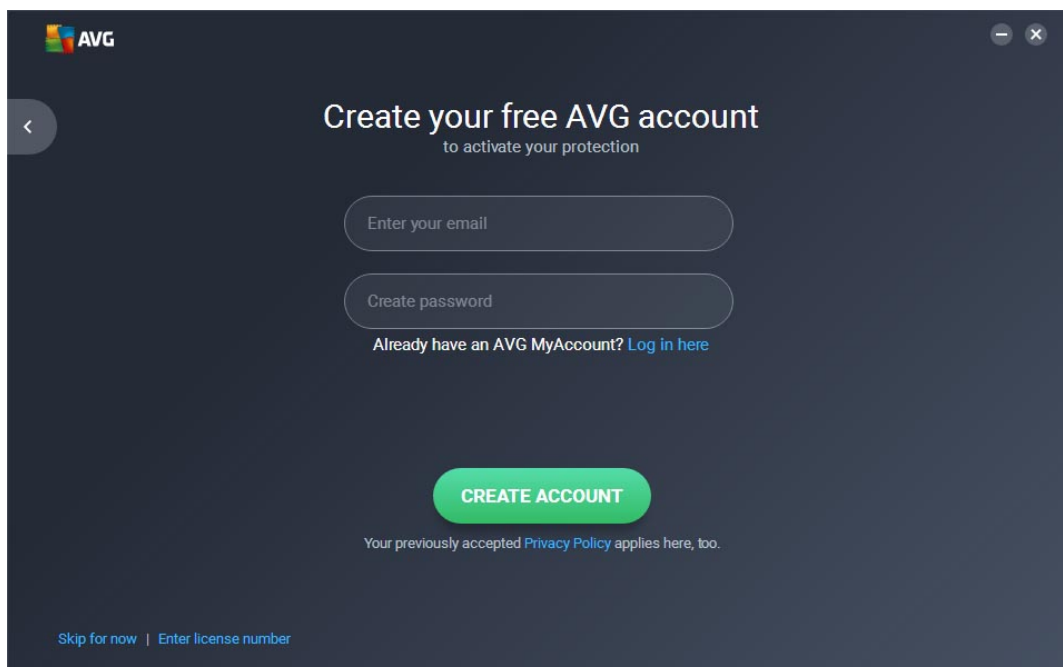**2.**Make sure that you are connected to the internet and run the AVG setup file

3.Select your language from the top-right corner and it will also be the one in which you will have the AVG user interface and you can't change it after the installation.
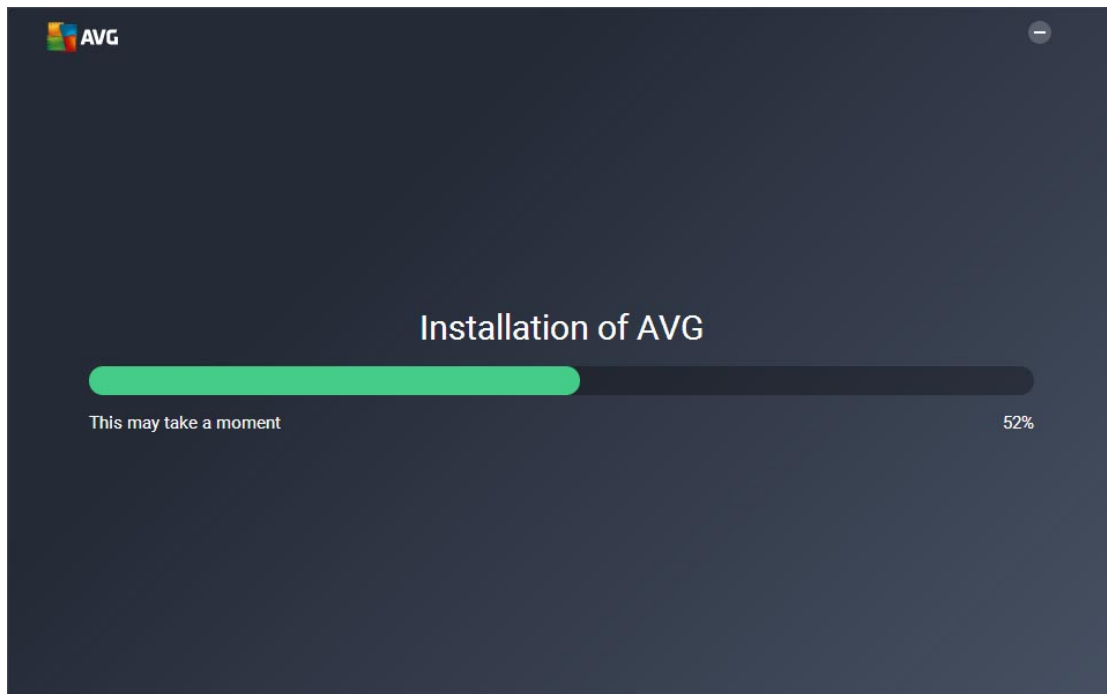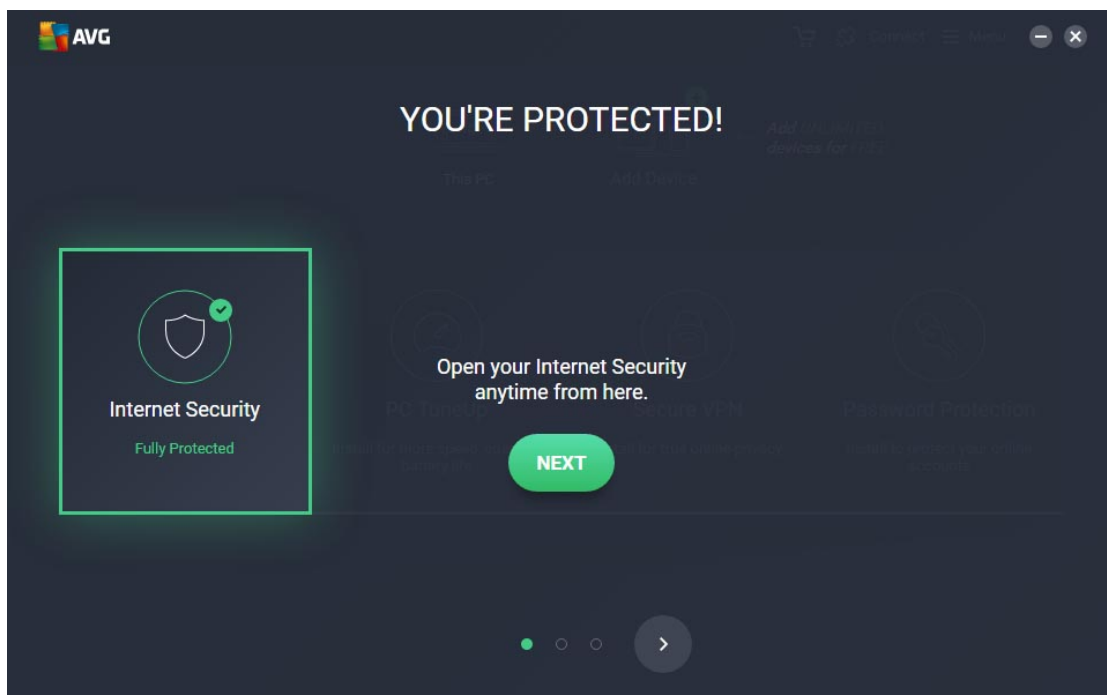
4. Choose the type of installation you want

5. AVG MyAccount is a place where you can see all your subscriptions, orders and profile. However if you don't plan to use premium version, you don't need any account. Just click on 'Skip for now' in the bottom and you can use AVG free without any registration.

6. Actual installation process which will take 2-3 minutes

7. AVG installation is completed. Your computer is now protected.

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Online Dangers

- Never give your password to another person and always keep it in a secure place, i.e. in your head!

- Do not use the same password on multiple sites

- Do not click on the "Remember Password" option on your browser, especially if you are using a public or someone else's computer.

- Change your password regularly, say every 6 months.

Lesson Assessment

Aims	Yes	No		
Can I download and install an antivirus software?				