

A Short List Of Programs I Suggest Using

[all programs below have free versions]

Avast Free Antivirus - www.avast.com

FileHippo Update Checker - <http://www.filehippo.com/updatechecker/>

Malwarebytes Antimalware Free -
http://www.malwarebytes.org/products/malwarebytes_free

Nitro PDF Reader Free - <http://www.nitroreader.com/download/>

Open Office 3 - <http://download.openoffice.org/>

Opera Browser - <http://www.opera.com/download/>

Secuna PSI (Personal Security Inspector) -
http://secunia.com/vulnerability_scanning/personal/

Zone Alarm Free Firewall -

<http://www.zonealarm.com/security/en-us/anti-virus-spyware-free-download.htm>

[this is only needed if you are using XP and older operating systems. Both Vista & W7 have very good built-in firewalls. Be sure the Vista & W7 firewalls are activated.]

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