Register for Free Anti-virus Software

1. Go to http://www.avast.com - free Avast anti-virus software, which is a trusted site.

2. Click on "Go to Download" and then click on "Free Download."

3. You are now re-directed to another trusted site called cnet. Be careful not to click on "Buy Now!" Click on "Download Now" for the Avast Free Anti-virus.

4. Click on "Run."

5. You will get a dialog box and should click on "Yes."

6. Click on "Regular Installation" and ignore the custom installation.

7. This trusted site does collect information about you to provide better services, so it is safe to click on "Continue."

8. After clicking on "Continue," the installation will start. Wait until it is completely downloaded and installed on your computer.

9. Click on "Done' and an Avast quick scan will be launched.

10. You should run a scan for viruses at least once a month by clicking on Avast Free Anti-virus located in your programs. Click on "Scan," and let the program check all your files. While this is scanning, you may work on other activities on your computer.

Congratulations!! You have just successfully learned how to download and install safe software from the Internet onto your computer.