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Remaining away from the internet is the safest way to self protect from viruses, spammers and of course the scammers. They are all around and staying clear of them is next to impossible. But can you keep yourself aloof from the internet? Chances are that you cannot; you need to make banking transactions, but products & services and even look toward the internet for educating your kids. Not even the best of virus protection programs can help you steer clear from encountering a virus once in a while. However there aren't enough good reasons to stay away, the pros are heavily against the cons and that is the silver lining against a back drop of dark clouds. Follow the tips below, and teach your kids the rules too so they too can never go wrong and get trapped. In fact some internet companies like Time Warner Internet give good protection against viruses, but the rules, you have to follow them nevertheless.

1. Have a good antivirus installed on your computer. Not the ones you get free over the internet. The paid one will give you all the updates that are important. And that is because people who write virus program work as hard as the one who fight against them and they come up with a new one every day.
2. Stop your temptation to open every file or attachment that comes into your mail box. They are a potential threat remember. They will prompt you to do something, often a request to click on something or take an action to get activated. If you can help it get them quarantined and run a check with your antivirus.
3. When you do banking keep your passwords as complex as you can. It can mean some hardship but it is worth the effort. That way you stand a better chance of dodging the viruses and keeping yourself safe as well. A combination of numerals, special characters and text will ensure that your password is impenetrable.
4. Having a firewall installed in addition to an antivirus is a good idea. Firewalls can tell the difference between a good website and a possible phishing site. If your transactions involve money transfers from your bank, then don't deal with sites that don't have SSL certification. You can tell whether a site is certified or not from the lock symbol on the address bar of your browser. Dealing with a SSL certified site ensures that not even the website will know your credit card details.
5. Keep your computer and the internet disconnected when you are not using it. That will ensure you don't fall prey to unauthorized activities. Most activities give out some tell tale evidence that can point to some suspicious activity.
6. Keep a back up of all your data and information in a separate drive after you have scanned them for a potential breach. In addition keep a separate detachable drive to make you internet experience even more secure. The small amount of fortune you spend on a drive will pay back in terms of security.
7. All computer software is inherently prone to attack from bugs and Trojans. So never be tempted into buying pirated copies. The potential loss from a pirated copy can be several times the cost of an original one. Besides, you will have the benefit of receiving appropriate updates as when they become available.
8. Have a procedure established for everyone who use your computer at home, and that includes the kids. Some service providers give you the benefit of a parental control system. Make the most of it

and never again you will have a reason to regret using the internet.

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Nathan Brown is a freelance writer. Watching TV channels is one of his favorite, especially those that are informative like the one he got from a [Time Warner Internet](#) recently.

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