How do I download Windows Security Essentials?



Go to: http://windows.microsoft.com/en-US/windows/products/security-essentials

Choose:



How do I find out if I have a 32 bit or 64 bit Version?

Go to: Start - Control Panel - System

Download the appropriate version.

Do not Install!!!!!!!



Disconnect from the Internet. Best way is to turn off, or unplug your wireless router.

Remove your existing Virus Protection Program.

Go to: Start - Control Panel - Programs and Features

Select the Virus program you are using.

Choose: Uninstall

Shut down and restart your computer.

Run the installation program for Windows Security Essentials

Reconnect to the Internet and update your virus protection.