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Recently, Microsoft released an antivirus based on their windows defender program that is quite good.

To download this free antivirus navigate to http://www.microsoft.com/security_essentials/ and click the “download now” button in blue as shown below.



Next select your language and operating system. If you are unsure about whether or not you are 32 or 64 bit then you most likely have a 32 bit operating system.

Once you have selected your operating system the download will begin. Once it has finished select run and follow the on screen prompts to complete installation.