The role of computers and the internet have become prevalent and essential in our everyday life. We not only use them for simple computing purposes, but also in storing our personal, confidential and sensitive data. Using the internet exposes this information to the evils of spyware, malware and viruses. These evils tend to take control of your computer. The harmful malware causes havoc to your files and renders your computer and networks ineffectual. Spywares, on the other hand, quietly stay on your computer, monitor your surfing habits, and collect essential information such as bank details and credit card information.

Because of these risks in the internet, it is recommended that you get the best spyware protection and internet security for your computer. Here are some suggestions to having the best internet security. One of these is by turning on your computer's firewall. Another is by avoiding using any P2P software. One more is by avoiding running files directly from any website. Moreover, there are also antispyware software programs that you can buy.

Kaspersky and Webroot Spy Sweeper are examples of these antispyware software programs. They are strong in detecting and removing spyware programs. They also have free trial versions, the expiration of which would mean that you would have to pay for them. PC Tools Spyware Doctor integrates multiple layers of protection. It stops and blocks spyware, no matter how it tries to attack and infect your PC. On the other hand, Spy Sweeper examines files on a computer's hard disk drive, memory, the Windows registry and cookies. If it finds any suspicious objects, it quarantines them.

There are also other antispyware programs such as the Spybot Search & Destroy and the Microsoft Windows Defender. The Spybot Search & Destroy has SDHelper and TeaTimer functions which significantly keep downloaded spyware from embedding itself in the computer. Moreover, the Spybot Search & Destroy is also of a reasonable price range. On the other hand, Microsoft Windows Defender features spyware scanning capabilities like other free spyware-scanning products available on the market. It also includes a number of real-time security agents that monitor several common areas of Windows for changes which may be caused by spyware. Moreover, it also has the ability to easily remove ActiveX applications that are installed.

The importance of internet security can not be overemphasized. The issues of price and availability are merely minor ones in the light of the prevalence of internet use these days. Failure to install proper internet security measures runs the risk of you losing your important, personal and sensitive information to intruders. Moreover, the risk of losing your credibility and

reputation, painstakingly established and maintained all your life, in case sensitive or incriminating information leaks out can not or would be too difficult to restore. Prevention is always better than cure. In this case, keeping personal and sensitive information protected and safe is better than cleaning up measures.

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