

The first things you should do are 1) Buy or download a free anti virus program. Update that anti virus program, then run a full scan of your system. 2) Do not open Email attachments--even if you know who they're from. Some Email worms will send mail from a friend or loved-one's computer, so the send might appear to be from someone you know, but might actually contain a virus. 3) Stay away from shady sites.