A Clean System

Windows and Android devices (and, to a lesser extent, Mac devices) can become infected with a virus or malware; these are programs designed by criminals to steal information from your device.

In particular, the criminals are trying to steal information that enables them to impersonate you and steal money from your bank accounts or use one or more of your credit cards to buy goods for themselves; criminals also use stolen information to request funds from your friends and colleagues (with a false tale of distress from you).

To protect yourself from such activity it is essential that your device has anti-virus and anti-malware software installed (quite often a single program will defend against both types of intrusion).

You may find that your device includes an anti-virus program (such as Windows' Defender) but you should check and, if necessary, download and instal suitable protection. Always set the anti-virus software to update automatically so you are protected agains the latest threats.

As a further defence against unwanted intrusion, you should always install updates to your system (Windows, Android, MacOS, iPadOS, iOS) and to individual programs as and when offered. Ideally, set all devices and programs to install updates automatically.

Although you should install software updates on your iPhone or iPad, there is no need for anti-virus programs on these devices.

Whilst we cannot recommend individual anti-virus programs, you will find plenty of choice:

For more Police advice on keeping a clean system, tap [here](#).