Are you making these security mistakes online?

One big misconception many computer users have about spyware and viruses is that these programmes somehow invaded their computer through no action or fault of their own.

In almost every case, malware, spyware and viruses are a result of some action taken by the user (you or an employee or family member that uses your computer). Remember, cyber criminals are incredibly clever and gain access to your computer via some of the most innocent and common activities you are performing online; that is why it seems as though it is your computer's fault when in reality, you are unknowingly giving these cyber criminals free access to your computer.

Here are 6 things you should NEVER do online:

- **NEVER** download screensavers, "enhanced" web browsers, or otherwise "cute" programmes. Almost all come with a healthy dose of spyware and viruses.

- **NEVER** respond to an e-mail asking you to verify your account information, username and password, or other personal and financial information online. Always call the organisation making the request.

- **NEVER** sign up for peer-to-peer file sharing networks to download music, videos, programmes or pictures. These sites are breeding grounds for viruses.

- **NEVER** respond to e-mails containing offers that seem too good to be true, such as prizes, money-transfers, or low-interest loans; almost all are scams designed to get your personal information to steal your identity.

- **NEVER** click on pop-ups. Malicious attackers often use pop-ups to gain access to your computer.

- **NEVER** open file attachments from unknown sources. When in doubt, delete!

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