

# Do you know the true cost of what you're downloading online?



- Accepting spam or junk emails, instant messages, music, pictures or texts from people you don't know or trust can lead to problems.
- Don't open, reply to or follow links in them; just delete them. They may contain viruses, deceptive or nasty messages or breach copyright.
- Make sure your computer has up-to-date antivirus and anti-spyware software along with a good firewall.

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