

# Radio Days – 2010-01-16

## ***Tip of the Week – How much do you use?***

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There are far too many people who go over the download limit which comes with their plan. This causes much grief when it comes to paying the bill each month, and there is an easy way to see just how much you have used during the month: NetMeter. NetMeter monitors your internet downloads and uploads, and can warn you when you are reaching your limit.

All ISPs have a section on their website which shows you just how much of your monthly limit you have used but very few people check their usage this way. Some ISPs send you an email when you reach a large proportion of your plan, but many people either do not know what this means or do not use the information and act on it. NetMeter can help you if this is your problem.

Remember that you can always change your plan to one with a higher monthly limit (either download only or both upload and download) or, better, you could change to a plan which shapes your speed when you have exceeded your monthly limit. Shaping means that your download speed is reduced from the time that you exceed your download limit until the start of your next billing month. This will reduce your cost with minimal inconvenience.

## ***Online Safety 1 - Minimal Online Safety***

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Each week I have to help a client understand that online safety is not an option. For far too many people the concept that someone else would want to access their computer from afar is a daunting one to understand. This means that the easiest route is taken: do nothing because the option of doing something is just too hard.

If this describes you then please just download and install the free version of AVG anti-virus. This program will give you much more protection than just wishing and hoping that the problem will go away. There will always be people wanting to access or control your computer and the only safe option is to take some preventative measures. I was recently reading a brochure from an anti-virus company which stated that it takes about sixty seconds (one minute) for a computer to be attacked after going online.

Many people have told me that they have been online for years without being attacked. My reply is that most people would not know if an attack had occurred. The really good attacks do not advertise their presence, just as a good pickpocket does not let you know that he has just taken your wallet. Often, the first time that you know that you have lost all your money is when the ATM refuses to pay you. By this time it is too late!

My suggestion for this week will not cost you anything (except for the time taken to download a free program from the internet) and may well save your financial future. Most people would die if all their money was taken from their bank account, so please do not let this happen to you.

Please take this opportunity to download and install your very own copy of AVG Free. It may be the one thing which keeps your computer safe this year!

## ***Websites***

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NetMeter <http://tinyurl.com/ycljflt>

AVG Free <http://tinyurl.com/csej4p>