There are a number of important ways to check that your computer is secured and healthy. One of the First that comes to mind is that it's recommended to run a full system scan with updated anti-virus software regularly. Most reputable antivirus programs like Norton or McAfee will actively scan your computer in the background as well, and alert you to any detected issues. It's also wise to run periodic scans with anti-malware programs to uncover any sneaky adware, spyware, ransomware or other malware infections. You'll want to keep on top of applying any available security and operating system patches from Microsoft, Apple or your device manufacturer. Outdated systems are more vulnerable to hacks that have since been fixed. Monitoring your programs and browser extensions is also prudent. Make sure everything is up-to-date and only have necessary add-ons installed from trusted sources. Additionally, check your startup programs for anything suspicious loading unexpectedly. Reviewing your privacy and security settings is always recommended. Adjust what is sharing your location, contacts and microphone access if possible. Examine your passwords and enable multi-factor authentication where available for stronger sign-in protection. An extra step like a PIN or app notification makes accounts much harder to breach if your password is compromised. Checking your installed programs list for anything unfamiliar can expose dormant threats. Reviewing recent files, Documents folders and downloads history allows insight into your device activity and potential infection points. Most importantly, back up your important data regularly either to an external hard drive or cloud service. This protects your files and memories even if disaster strikes. Taking these precautions quarterly or biannually gives you peace of mind knowing your most valuable device and digital life are secured properly. Even following a few of these tips is better than nothing when it comes to personal computer safety in today's complex digital landscape.