

# System Health Requirements

## Up-to-Date System

Make sure your computer's **operating system is patched** with the latest security updates provided by the manufacturer.

- **Microsoft Windows** users may go to the [Microsoft Windows Update](#) site.
- **Apple Macintosh** users may click the **Apple Icon** in the top-left of the screen and select **Software Update**.

## Spyware Removal

Spyware can accumulate on a system just by browsing the web. Systems should be checked for spyware no more than every 30 days. CIS recommends [S pybot Search & Destory](#) and [Malwarebytes Anti-Malware](#) for spyware-removal.

## Antivirus Software

Separately from spyware scans, users are required to run active anti-virus software that is constantly running on a system. More information can be found on the [AntiVirus](#) page.

## Firewall

In addition to both Antivirus and Spyware removal software, a personal firewall is required on all systems. Firewalls are provided by default on all Apple Mac OS and Microsoft Windows computers.

- **Microsoft Windows** users may verify that their firewall is enabled by using the [procedure found here](#). Follow the steps under **To turn on Windows Firewall**.
- **Apple Mac OS X** users may enable their firewall by [using this procedure](#).

## Related articles

- [Zoom Zero-Day Exploit Fix](#)
- [Password Best Practices](#)
- [Scan for Spyware](#)
- [Scan for Viruses](#)
- [Downstream Data and Sensitive Private Information](#)