Tips to prevent computer infections

It's a nightmare to get infected and have your emails accounts,
paypal accounts or credit card details stolen from your computer,
although it happens more and more often.
Especially if you download programs from untrusted sources as blogs or forums.
It's good to know what methods hackers uses to infect the programs and how can be revealed a possible infected executable file.
Most of you rely only on protection given by the AntiViruses or the AntiMalware you run, thinking if they are up-to-date and have
a good reputation this is enough for your PC protection against all kind of malware.
Then peoples wonder : How it is possible to get infected, I run THIS antivirus or THAT antispyware, or I run 2 AntiMalware
programs, a AntiSpyware and I scan sometimes with another one.
This is the biggest mistake, to rely only on protection given by your AntiVirus, it does not matter what name it has, or if you run
2 or 3 expensive security programs. AntiViruses detect malware by so called "virus signature" or with "heuristhic" method.
Both of this analysis methods of your security program can be by-passed by a new created trojan, or by a slightly modified old one
and all the experts knows this very well.
This site http://cleanbytes.net reveal for you a few simple methods and tips used to HELP your AntiVirus to protect you and to prevent trojans infections.
Also it is a big resource for ALL the new freeware security programs, updated daily.