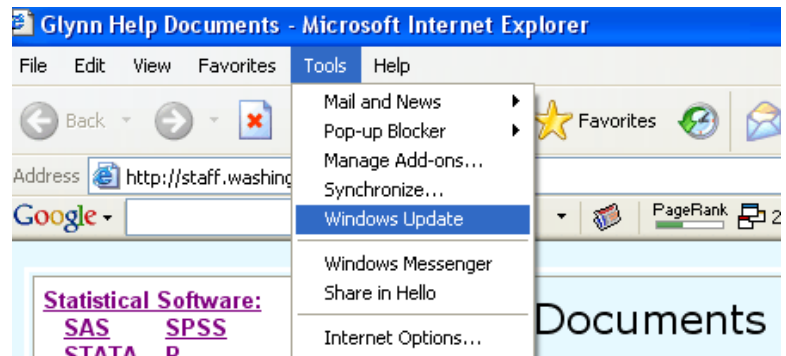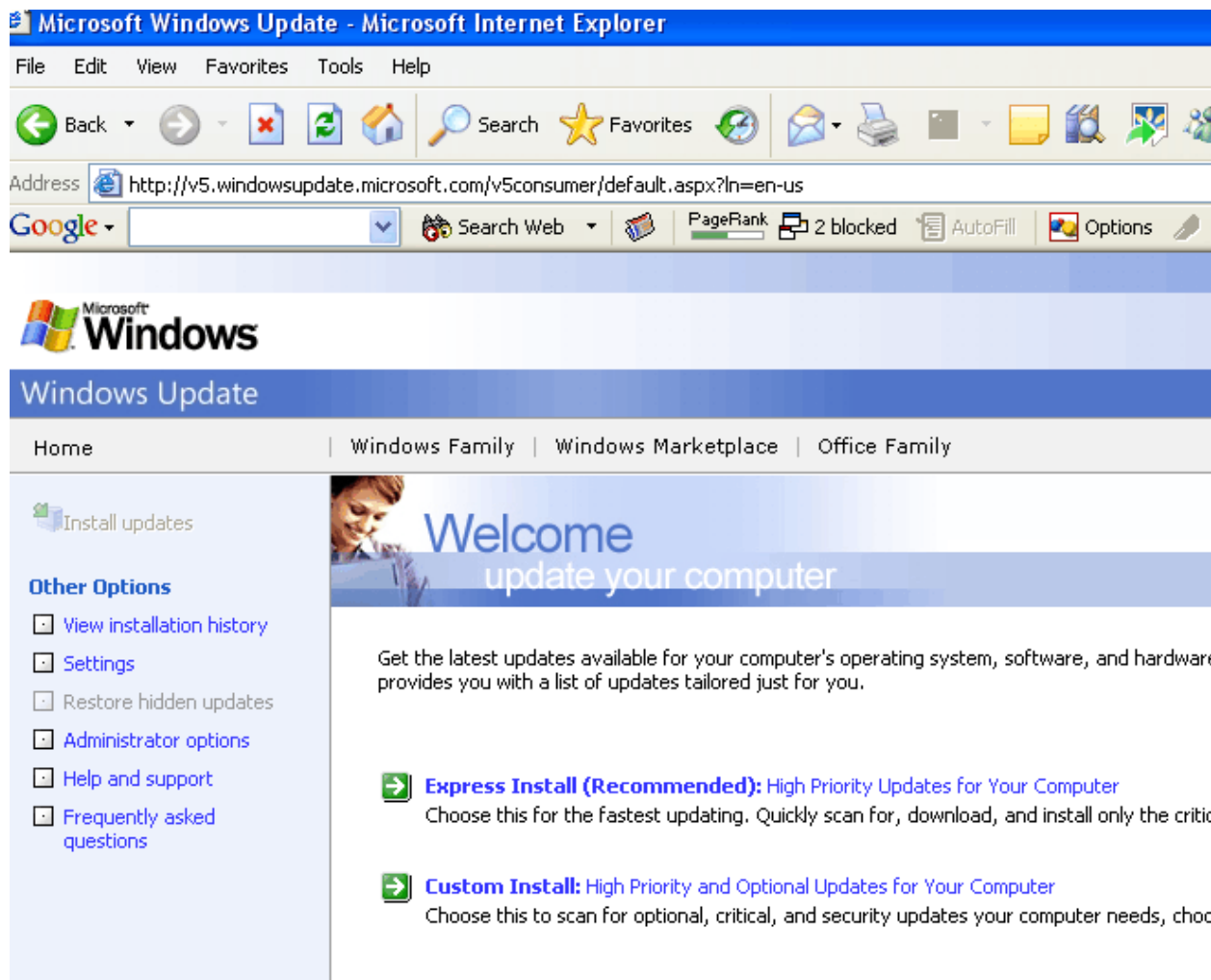# Updating Windows XP[1]

Microsoft releases periodic updates to operating systems. Failing to install these leaves your machine vulnerable to worms, viruses and other attacks. Please note, you will never receive notification of updates via e-mail. If you get such an e-mail, it may an attempt to infect your machine.

To update XP machines, open Internet Explorer. Go to Tools on the overhead menu, and then to Windows Update.

Click on Express Install and follow the directions. Updates over a modem may take a long time. You might want to let it run while you sleep. Usually you will need to reboot after the install is completed.