

Uninstall McAfee or Avast and go back to Windows Defender

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You do not owe a shop a renewal to have a scanner. Two real-time products on one PC is a common reason a laptop feels 'full of viruses.' Buying nothing after you return to Defender is valid.

1. Uninstall if you are not paying, you did not ask the shop to leave it, or two security products are fighting.
2. Settings > Apps > Installed apps > Uninstall. Restart. If Windows will not remove it, use the vendor's official removal tool from their support site - not a third-party ad.
3. Check the system tray and Startup apps. A WebAdvisor or helper can survive the main uninstall.
4. Open Windows Security > Virus & threat protection. Turn Microsoft Defender real-time protection on.
5. Run a full scan when you are not working. If detections return, use Microsoft Defender Offline, then a reset if needed.
6. If you later want a paid extra, buy a job (cleanup, identity, lab suite, family count, Wi-Fi inspector) - not a replacement reflex.

This is not a claim that Avast, McAfee, or Norton is useless. It is a claim that Defender is a normal end state on supported Windows 10 and 11.

Do not install a second suite 'just in case' next to Defender. That is how the laptop got slow.

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