

Re: The email circulating stating that !000 entered as an address in your address book will prevent Viruses.

Since viruses do not follow the "rules" when picking addresses to send itself, the !000 may or may not work. Also, most Internet Servers will not allow you to enter bogus email address.

I suggest that the best preventive measure is to keep that anti-virus program updated and running. Also, put your own name in your address book. If you want your name to be at the top of the list, just add any numeral or symbol in front of your last name. If the virus does send itself to everyone in your address book, it will send itself to you. You will realize that you did not send this email to yourself with this attachment and will know to update your anti-virus program, run a full virus scan and notify folks if you do find a virus. Jmax