

## Solution for Preventing Computer Freezes

### Step 1: Check for Overheating

Ensure your computer is not overheating. Clean any dust from vents and make sure it's in a well-ventilated area.

### Step 2: Close Unnecessary Programs

Close programs that are not in use. Running too many programs simultaneously can strain system resources and cause freezing.

### Step 3: Update Software and Drivers

Keep your operating system, software, and drivers up to date. Outdated versions can lead to compatibility issues and system instability.

### Step 4: Run Antivirus Scan

Perform a full system antivirus scan to check for malware or viruses that could be causing the freezing.

### Step 5: Check for Hardware Issues

Inspect your hardware for issues. Faulty RAM, hard drive, or other components can lead to system instability.

### Step 6: Increase Virtual Memory

Adjust the virtual memory settings to provide more resources to your system if it's running low on RAM.

#### Step 7: Contact IT Support

If the problem persists, contact your IT support for a more detailed analysis and solution.