These days you can never be too careful when it comes to computer security.

By far the most important thing you need to protect your devices is to simply keep them up to date.

One great thing you can do is to set your windows account not the administrator but rather a standard. Another report feature built into windows is "User account control" which has been around since vista. that's a thing that pops-up a confirmation whenever you were a program wants to install.

Now the router. in the interest of time, you should have the typical settings like a password on your Wi-Fi connection and the router firewall enabled, like it should be. out of the box but one setting that is usually enable by default but you should disable it is WPS -Wi-Fi protected setup- and this is meant to make it easy to connect devices to your router by pressing a button on it but it has been shown that really flimsy security and undermines your Wi-Fi encryption.

Next thing is to have an antivirus installed and ideally you want one that has real time protection or something name similar to that. this is essential because it will prevent you from getting infected from viruses in the 1st place when you're browsing the Web without protection, a virus could infect your computer even without you doing anything. next one is Back-up your data.

Said this one many times but never connect to open Wi-Fi hotspot. also be aware about online account security by using different passwords on every website.