Spectre is a thing which affects many modern chips. It exploits a flaw in out-of-order execution it also performance feature found in many modern processor chips. It relates to the radio frequency which is allocated to the mobile industry and affect the devices.

Meltdown also has similar features but affects the system in different way. While Spectre exploits a flaw in design processor to trick apps for leaking information. But meltdown exploits in out-of-order execution. This is featured in many modern chips.

The best way to get rid of these two is to always update your Operating system, also check for update the firmware, keep on the antivirus, and update other software.