

# Antivirus: What it is, how it differs from anti-malware, and what it really does

Gridinsoft Help Center

## What it is

### Antivirus vs anti-malware (quick take)

Both fight malicious software. The practical difference: modern AV suites add system recovery and rollback tools after an infection, while "anti-malware" often focuses on finding and removing active threats.

### What it actually does

- Blocks known threats and suspicious behavior in real time
- Scans files, apps, email, and downloads on demand or on schedule
- Quarantines & cleans detected items; can restore system changes

### Good to know

- No tool is perfect; layered security matters (OS updates, MFA, safe browsing).
- False positives can happen-quarantine first, review later.
- Light, frequent scans beat rare, heavy scans on an outdated system.

### Quick tips

- Keep AV and your OS auto-updated
- Enable real-time protection and scheduled scans
- Don't run two real-time AV engines at once
- Use a separate on-demand scanner for second opinions when needed