

# Worm - what it is, how it spreads, and simple steps to stop it

Gridinsoft Help Center

## What it is

A worm is malware that spreads by itself over the internet or your Wi-Fi. It doesn't need you to open a file. It finds weak spots on devices and jumps to them, then keeps spreading. Some worms steal data, some slow your PC, and some bring in more malware. Learn more: <https://gridinsoft.com/worm>

## Why it matters

One infected device can quickly turn into many. That can mean stolen accounts, broken apps, and a slow or unusable network.

## How it works

- Scan: looks for devices with bugs or easy passwords.
- Exploit: breaks in using that weakness.
- Copy: installs itself and starts scanning from the new device.
- Payload: may steal data, mine crypto, or drop ransomware.

## Red flags

- Internet feels slow and your router lights are going wild.
- Lots of failed logins in logs or new accounts you didn't create.
- Multiple devices show security alerts at the same time.
- Apps or services crash across different PCs.

## Do it right

- Update everything: Windows, phones, apps, and your router firmware.
- Lock Wi-Fi: use WPA2 or WPA3 with a long password.
- Close doors: turn off unused remote access and UPnP on the router.
- Run protection: keep real-time anti-malware on.
- If hit: disconnect from the network, update and scan each device, change passwords from a clean device, and reboot your router after updating it.