I run a good anti-virus program (the free version of AVG) and keep it updated, I don't install unknown crap and such and I have a good router which blocks any hackers or bots trying to infect my machine. My experience with software firewalls is that they universally SUCK and generally end up doing more harm than good. Especially Norton Internet Security. (although is there ANY current Norton product that DOESN'T suck?)
And I use SeaMonkey and not Intercrap Exploder. Oh and I disable autorun too which prevents nasty stuff from running if I plugged a flash drive or used a CD or whatever which had stuff on it that I don't want (such as anti-piracy rootkits included with music CDs).
And I disabled a bunch of crap that shouldn't be running such as Telnet.