How to check that your Antivirus is up to date and Firewall is turned on:

Select the Windows Security icon on the left side of the screen

Protection areas

- Virus & threat protection
  No actions needed.

- Account protection
  No actions needed.

- Firewall & network protection
  No actions needed.

- App & browser control
  No actions needed.

- Device security
  No actions needed.

Select Virus & threat protection, then check for updates

- Virus & threat protection updates
  Security intelligence is up to date.
  Last update: 4/10/2020 2:30 PM
  Check for updates

If you have a red icon on your Firewall & network protection

Select Firewall & network protection

Then select your private and public networks and ensure the Windows Defender Firewall is on

Windows Defender Firewall
  Helps protect your device while on a private network.