



Instructions for F7 BIOS Flash Update

The F7 BIOS Flash Update allows you to update the system BIOS during the boot process and before the operating system loads. To see if your board supports this feature, in BIOS Setup, check the Boot > Boot Display Options menu for the setting **Display F7 to Update BIOS**.

All BIOS update files for Intel® Desktop Boards are available on Intel's Download Center at <http://downloadcenter.intel.com/>.

Important:

- Update the BIOS on your computer only if the newer BIOS version specifically solves a problem you have. We do not recommend BIOS updates for computers that do not need it. You can view all BIOS changes in the Release Notes included on the BIOS download page in Download Center.
- Downgrading the BIOS to an earlier version is not recommended and may not be supported. An earlier BIOS version may not contain the support for the latest processors, bug fixes, critical security updates, or support the latest board revisions currently being manufactured.
- Before initiating a BIOS update, be sure to read and precisely follow the instructions included in this document. You may wish to print the instructions for easy reference.
- If a BIOS update process is interrupted, your computer may not function properly. We recommend the process be done in an environment with a steady power supply (preferably with UPS).
- Before updating the BIOS on the Intel® Desktop Board, manually record all BIOS settings that have been changed (from default) so they can be restored after completing the BIOS update.
- All images in this example are for illustration purposes only. You need to select the correct BIOS files for your board.

WARNING: This process is intended to be performed by a trained technician.

1. Download and save the Recovery BIOS (.BIO) file to a temporary directory. Example:

File name: BE0028P.BIO	Version: 0028
Date: 07/15/2011	Status: Latest
Size: 6.91 MB	Language: English
Operating Systems: OS Independent, Windows 7, 32-bit*, Windows 7, 64-bit*, Windows Vista 32*, Windows Vis Edition*, Windows XP Media Center Edition*, Windows XP Professional x64 Edition*, Windows XP Professional*	

2. Copy the .BIO to a USB thumb drive.
3. Plug the thumb drive into a USB port of the target computer.
4. Shut down the target computer.
5. Enable the F7 prompt display:
 - a. Power the computer on.
 - b. Enter the BIOS Setup by pressing F2 during boot.
 - c. Go to the Boot > Boot Display Options menu.
 - d. Enable **Display F7 to Update BIOS**
 - e. Press F10 to save and exit.
6. During boot, when the F7 prompt is displayed, press F7 to enter the BIOS Flash Update tool.

7. Select the USB thumb drive and press Enter.



8. Select the .BIO file and press Enter



9. Confirm you want to update the BIOS by pressing Enter.
10. Wait 2-5 minutes for the update to complete.



11. Remove the thumb drive.
12. Restart the computer.

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