How to Pause Updates in Windows 10

In the Windows 10 Search box, type the word Settings. Then click on the Setting App to open the Setting window.

Look for Updates & Security and click on it to open the Update & Security window.
Click on the Pause updates for 7 days and you are done. If you want more than 7 days continue to the next step.

Click here if you want to pause for more than 7 days.

If you want to pause the updates for a longer period of time. Click on Advanced Options in the previous panel. Then under Pause Updates in the Advanced options window. Click on the pull down menu and select the date you want to pause for.