

Computer Health 2005

Utilities... Spybot

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Audience Survey

- Operating System XP (SP2) or 98SE
- Broadband or Dialup Internet
- Hobbyist or Regular user
- Computer less than 3 years old
- Commercial Anti-Virus program
- Firefox or Opera Web Browser
- Service own Motor Vehicle

Regular Maintenance

- Use Windows Update service **regardless**
- Update **Anti-Virus program** and signatures
- Perform regular clean-up of Hard Drive
- Use Internet Utilities Sparingly
- Free software maybe includes **Malware**
- Avoid the Internet “**Dark-Side**”

Protection Strategies

- Use major **commercial** Anti-Virus programs
- Must use a Firewall if on **cable** Broadband
- **Regular** Windows and major program Updates
- Use Spybot or similar utilities to cleanup
- Beware of **all** e-mail attachments
- XP SP2 IE monitors and controls ActiveX
- Be aware of any “**Strange Messages**”

Web Browser Problems

- Browser Helper Objects
- Rogue ActiveX Controls
- Pop-ups and Cookies
- Hi-Jacking or Trojan Software
- Firefox also needs security updates
- Care when clicking on unknown links
- False alerts leading to rogue sites

Malware Utilities

- Lavasoft Ad-aware
- Safer Networking Spybot
- Webroot Spy Sweeper
- Computer Associates Pest Patrol
- Microsoft Anti-Spyware

Spybot Search & Destroy

- **Default** mode cleans up current nasties
- **Advanced** mode offers powerful utilities
- **Immunise** function protects Browser
- **BHO** lists and removes rogue items
- **ActiveX** lists and removes rogue items
- **IE Tweaks** locks IE down Control Panel
- **System Start-up** lists programs loading
- **Resident** alerts to new registry keys

Final Advice

- Backup your important Data files
- Use Computer either as a Tool or a Hobby
- Regular Updates to Windows and Anti-Virus
- Avoid the Dark-side of the Internet
- Act immediately on errors and problems
- Backup... Backup... Backup