

Computer Health 101

for Windows Users

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What to do with a new computer:

When you buy a new computer it should run FAST, but sometimes this is not the case. You may find that your new computer already has so much stuff installed on it and vying for your attention at boot up. In cases like this I would suggest going to <http://www.pcdecrapifier.com/> and downloading their program "Decrapifier". Though I do not agree with the rather euphemistic name I would say that this program does exactly what it says on the tin. Get rid of all the junk that is slowing down your new system AND also get rid of McAfee, Norton and any other security software (don't worry we will be replacing it).

Security Software

Now, to replace the security software that we removed. Go to the following URLs and download AVG Free Edition <http://free.avg.com/> and Malwarebytes <http://www.malwarebytes.org/> Update both AVG and Malwarebytes after you install them and every so often to keep them up to date. These two programs can shield you from getting any virus, or malware on your system and take it out if it creeps in somehow.

Maintain a Clean System

If you want your computer to continue to run at peak performance then you need to do some basic things every now and then. First, download the program Ccleaner <http://www.ccleaner.com/> use this tool to clean your registry (think of it as the tabs on the files in the filecabinet that tells the computer where everything is) and to clean out all of your temporary files. You can also use Ccleaner to remove programs that you no longer want. Defrag your system every now and again to keep it running smoothly as well. A good defrag tool is also available from the folks tha make Ccleaner <http://www.defragler.com/>

Clean living

I can not express how important it is to live a clean virtual life. By this I mean when you are on the internet stay away from places that you should not be. Low-life places have low-life virus hanging about. Pornography sites are steeped in virus as are Warez sites and many social networking sites. Unless you need to DO NOT use Peer-to-peer programs, their use usually leads to virus infection or even worse moral degradation.

Don't download illegal audio or video files (don't break copyright) these can come with virus.

Don't download programs offering to help clean your computer (we already protected your system).

Stay off porn sites most are steeped in malware, think of them as virtual STDs.

NEVER give out personal information online, unless it is a secure transaction that you initiate with a reputable business.