

You should delete your cookies and temporary internet files regularly

Internet Explorer

Open Internet Explorer

Click Tools or press alt + x

Click internet options

In browsing history, click delete

Put a check next to Temporary Internet files and Cookies (I check all the boxes, your choice)

Click delete

Wait for the box to finish

Click ok

Exit Internet Explorer

Edge in Windows 10

Click the ... on upper right corner

Click settings

Click the what to clear button under clear browsing data

Put an x in the box next to

Cookies, Cached data files and Browsing history

Click Clear

Chrome

Click the 3 lines on upper right corner

Click settings

Click Show advanced settings

Under Privacy choose clear browsing data, under obliterate items change to the beginning of time. Check at least top 4 boxes then click clear browsing data.

You should run disk clean-up at least once every month

In Windows XP, 7 and Vista

Click Start

Click Computer or My Computer

*** go to next step

In Windows 8

press the windows key + q type

this pc

in the search box

Click on this pc below the search box

**** Right click on the C: Drive or

whichever drive you want to run disk clean-up on.

Click on properties

Click disk clean-up

Wait for the box to come up

Put a check mark on the files you want

to clean (I check all boxes)

Click Ok

Click delete files

Wait for it to finish

Click Ok

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To protect your computer from Virus and Malware (spyware) you will need a good Antivirus and Malware program installed on your computer.

Windows Defender , included with Windows 8 and 10 is a full antivirus/antimalware product .

Don't use Windows Defender on Vista or Windows 7 It is not a full antivirus/antimalware product . Use Microsoft Security Essentials.

Windows 7 Support ends in 2020

Windows XP Support ends on April 2014, it means that Microsoft will no longer be issuing any security updates for this operating system. You'll still be able to download and update patches up to this date.

Microsoft will also stop updating Microsoft Security Essentials software for XP users.

If you want free protection for XP try, AVG Free, or Avast Free.

Only one antivirus program should be installed on your computer.

Be sure and remove your current antivirus program before installing a new antivirus program

Malware is different than antivirus. This should be run at least once a week. It should be run manually it does not run in the background., unless you purchase the full version. You should not be using your computer or have any programs open while it is running.

If Malwarebytes is not installed use the URL below to download and install.

<http://www.malwarebytes.org/>

Scan with Malwarebytes weekly.

Double Click Malwarebytes Icon

Click Scan

Start Scan

When the scan is finished

Click on Quarantine

In the quarantine folder check the box next to

Name it should check all the boxes

Click delete, click yes to delete all

Exit out of Malwarebytes

If you need to update or upgrade Malwarebytes it may install the Trial version. That's fine it is easy to change it back to Free.

To change Malwarebytes to the Free version

Open Malwarebytes

Click on settings

Click on account details

Click on Deactivate Trial

Yes to allow

If a red and white box comes up in the lower

Right corner select I don't need real time protection and Click ok

You may have to click allow again.

Malwarebytes changes its screens often so these instructions may be just a guide

If there is a red mark on Malwarebytes

Right click on it and remove the check mark next to

Open with windows.