

Re: new to ng

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From: Wislu Plethora (wislu_at_plethora.com)

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Date: Wed, 3 Nov 2004 07:42:31 -0600

"t.cruise" <[t__cruise@\[NoSpam\]hotmail.com](mailto:t__cruise@[NoSpam]hotmail.com)> wrote in message
news:OQORBGUwEHA.356@TK2MSFTNGP10.phx.gbl...

- > *I wouldn't call the AVG FREE version "Top of the line." But, I've been using it for*
- > *almost two years, and find that it performs well, isn't bloated, is fast, and is current*
- > *with updates. No AV program can protect a system 100%. The user has to practice SAFE PC*
- > *habits:*
- >
- > *1. Don't open unsolicited email attachments even if the sender is someone you know.*
- > *Infected systems can automatically replicate the worm and send to the addresses in the*
- > *address book from the email address of the infected system.*
- > *2. Always have a decent firewall running, and know how to use it.*
- > *3. Don't accept web site software installs, or Active X control installs unless it's a*
- > *VERY reputable site.*
- > *4. Turn off your preview pane off if you're using Outlook Express, in case someone has*
- > *sent a malicious script in an html email.*
- > *5. File sharing services are hotbeds for viruses/worms. Avoid them.*
- > *6. If you use Microsoft Word, set your Macro Security to Medium, which will bring up a*
- > *dialog box asking if you want the macro to run, if you open a Word Document that has a*
- > *macro. Unless you are sure that the macro is safe, don't allow it to run.*
- > *6. Get an email monitoring utility like Magic Mail Monitor, which downloads email headers*
- > *at user specified intervals, and allows you to right click headers and left click: Delete.*
- > *So you can delete spam or questionable email from the server before it's downloaded to*
- > *your system. Or, you can double click a header, and the email will open in Notepad as*

- > *text, which can't infect your system, and you'll be able to see if there's anything that*
- > *should not be there like a pif, scr, vbs files etc. in text, and allow you to delete the*
- > *message from the server. I don't download any email in Outlook Express which I haven't*
- > *first checked out with Magic Mail Monitor (FREE), and which I highly recommend. It polls*
- > *my mail server every 10 minutes (can be configured for more or less time) and a window*
- > *pops up with headers for new email. If an email needs a quick reply, you can click on*
- > *Quick Reply and an Outlook Express (or your default email) compose window will open,*
- > *already addressed to the sender. It also does multiple email accounts.*
- You can download
- > *Magic Mail Monitor at:*
- >
- > <http://mmm3.sourceforge.net/>
- > --
- >
- > *T.C.*
- > *t__cruise@[NoSpam]hotmail.com*
- > *Remove [NoSpam] to reply*
- >
- >

Your advice is good in general. Still, I don't know what you mean when you say that AVG "performs well." It has not performed well in comparative testing, in general, although recent results have shown some improvement. As I pointed out in an earlier post, the fact that one has had no virus infections while using any given program is not in itself a reliable indicator of efficacy. At any rate, you're correct--the practices and habits of users will generally dictate the level of safety they enjoy.