

Re: My words

Source:

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.general/2005-10/msg01109.html>

- *From:* "Uncle Joe" <Uncle_Jose@xxxxxxxxxxxxxx>
 - *Date:* Sat, 15 Oct 2005 05:09:11 -0400
-

Sue for copyright infringement. Otherwise, there's nothing you can do to stop him.

"Panda_man" <Pandaman@xxxxxxxxxxxxxxxxxxxxxxxxxxxx> wrote in message <news:87504674-9508-4B95-84DA-6910A3465C8A@xxxxxxxxxxxxxxxxxxxx>

> These words below are mine.I created them,I wrote them.Even though
> Engel
> uses them nearly everywhere.I just do not like somebody to copy and
> paste
> them,to use them fully because these words are NOT created by him. I
> am angry.

>
> I just post to everybody know and understand who these words
> belongs to.
> They belongs to me...:-)

>
> And a question :
> Is there a way to stop and prevent him from coping these words fully
> ?!

>
>
> MALWARE REMOVAL INSTRUCTIONS

>
>>> Follow them carefully and step-by-step.
>>> All cleaning actions should be done
> without internet connection

>
>
> 1. Download the necessary software

>
>
> @ SpyBot Search and Destroy
> <http://www.safer-networking.org/microsoft.en.html>

>
>
> @ Ad-Aware SE Personal
> <http://www.lavasoftusa.com/software/adaware>

>

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- >
- > @ Microsoft Antispyware (only for genuine Windows versions)
- > <http://www.microsoft.com/athome/security/downloads/default.mspx>
- >
- >
- > @ CWShredder
- > <http://housecall.trendmicro.com>
- >
- >
- > @ Antivirus software (if you still do not have)
- >
- > Panda Titanium 2005
- > <http://www.pandasoftware.com/microsoft>
- >
- >
- >
- >>>> Specific
- > If you are non-XP user and still do not have firewall,
- > you should get free one from here:
- > <http://www.microsoft.com/athome/security/downloads/default.mspx>
- >
- >>>> Optional
- > There are some malwares that can destroy the internet connection
- > when you try to remove them. That's why you may get that program
- > that could restore your internet connection.
- > I haven't tried it but lots of people like them.
- >
- > Win Sock XP Fix
- > <http://www.spychecker.com/program/winsockxpfix.html>
- >
- >
- >
- > 2. Create a back-up of all your critical information
- > This is just an option.
- > You should check it for viruses later.
- >
- >
- > 3. Run a Firewall
- >
- >>> Windows XP
- > has integrated firewall –
- > Internet Connection Firewall (ICF) for SP1 and
- > Windows Firewall (WF) for SP2
- >
- >
- >>> Windows versions different from XP
- > They do not have integrated firewall ,they have to use software
- > firewall.
- >
- > !!! Use only 1 firewall !!!
- >

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- >
- >
- > 4. Windows Updates
- > Connect to internet and
- > download all the security updates – Critical updates with Express
- > install.
- >
- > Start -> Windows Updates
- > or
- > <http://windowsupdate.microsoft.com>
- >
- >
- >
- > 5. Install and Update
- >
- >> SpyBot Search and Destroy
- >> Ad-Aware SE Personal
- >> Microsoft Antispyware
- >> CWShredder
- >
- >
- > 6. Delete all the Internet Explorer's temporary stuff
- >
- > Start -> Settings- > Control Panel -> Internet Options
- >
- > There ,on the General Tab you will see where you can delete
- >>>internet temporary files
- >>>cookies
- >>>history
- > Delete them all.
- >
- >
- > 7. Delete all Temporary files
- >
- > | Windows XP users (all new versions) |
- >
- > The path is :
- > C:\Documents and Settings\USER\Local Settings\Temp
- > Delete all files from this folder
- > and also
- > C:\Windows\Temp
- >
- > | Windows 98 users (all old versions) |
- >
- > The path is :
- > C:\Windows\Temp
- >
- >
- >
- > 8. Remove any unwanted programs
- >

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- > Boot in Safe Mode (see how below)
- > Then ,in Safe Mode, Start – Settings – Control Panel – Add /Remove
- > programs
- > See if you have any unknown /unwanted software
- > installed– toolbars and/or known spy programs.
- > Remove them with the REMOVE button.
- > Also check for tracks of these programs in
- > C:\Program files and delete,if any.
- > Then restart with booting in Normal Mode .
- >
- >
- > 9. Run Disc Clean up
- >
- > Start -> Programs -> Accessories -> System Tools -> Disc Cleanup
- >
- > Make sure you have checked :
- > Downloaded program files
- > Temporary Internet files
- > Temporary files
- > Recycle bin
- > Web Client/Publisher content
- >
- >
- >
- > 10. Remove viruses /worms /trojan horses
- >
- >
- > @ Scan with Microsoft Windows Malicious Software removal tool
- >
- > <http://www.microsoft.com/malwareremove>
- >
- > @ Scan with
- >
- > Panda Software free Active Scan,where you can check your
- > PC for ALL TYPES of security threats and clean viruses and worms
- >
- > http://www.pandasoftware.com/products/activescan/com/activescan_principal.htm
- >
- >
- > @ Install the antivirus software
- >
- > Boot in Safe Mode and install the antivirus software
- > <In Safe Mode,because there are viruses
- > that have the ability to damage an antivirus while installing it>
- >
- >
- >
- > How to boot your computer in Safe Mode
- >
- > Do this by repeatedly typing F8 while Windows is starting before
- > Windows logo appears.

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- > Then you'll open the BIOS menu where you can choose to boot
- > the hard drive in SAFE MODE
- >
- > (If you are XP user ,find more about Safe Mode
- > in Help and Support Center ; Start–Help and Support)
- >
- >
- >
- > @ Update the antivirus and scan with it
- >
- > Boot in Normal Mode and update it.
- > Make sure you have all functions ON
- > (scanning all files,heuristic,disinfect,scanning for other
- > threats...)
- >
- > Perform a full scan in Normal Mode first
- > Then boot in Safe Mode and also perform a scan
- >
- >
- > @ While still in Safe Mode,scan with these
- >
- >>> SpyBot S&D
- >>> Ad–Aware SE Personal
- >>> Microsoft Antispyware
- >>> CWShredder
- >
- > and remove the junk
- > !!! They must have already been updated !!!
- >
- >
- > When the scan is finished,
- > DO NOT restart ,if you have Win XP or ME
- >
- >>>> System Restore (for XP and ME only)
- >
- >
- > Because of the fact malware is a program,
- > System Restore also stores all malware tracks and when restarting,it
- > can
- > replicate some infected system stuff and the malware will be back
- > !!!
- > So you need to delete all the restore points before restarting :
- >
- >>>> Right click on My Computer–>Properties–>System Restore
- > Check Turn off system restore.Click OK
- >
- >>>> Restart the in Normal mode.
- >
- >
- > 11. For better performance ,it is advisable to check your hard
- > drives for

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- > errors
- > Open My computer .
- > Then right click on the hard drive you want to check ->
- > Properties -> Tools
- > In the error-checking area ,click "Check now" to start the process.
- >
- >
- >>>> At the end (when the system is malware-free)
- > again Right click on My computer->Properties->System Restore
- > Uncheck Turn off system restore ,so you'll have your Restore
- > function ON.
- >
- >
- >
- > After these,your computer should be clean !
- > If you do not understand something,you can post again and ask for
- > information
- > If the instructions seems difficult to you,you can take your
- > computer to
- > a computer store where IT specialist would help you wipe out the
- > junk!
- > Don't be shame.
- >
- >
- >
- > ---- Useful pages ----
- >
- > <http://www.microsoft.com/athome/security/downloads/default.mspx>
- > different kinds of free or trial security software.
- >
- > http://www.pandasoftware.com/about/resp_social/children_internet
- > Because of the campaign "Children and the Internet"
- > Panda Software offers 90 day free trial version of one of the best
- > security
- > software
- > Panda Platininum Internet Security 2005 awarded with many prizes
- >
- > <http://www.pandasoftware.com/protected/tips.htm> ;
- > useful tips for protecting computers
- >
- > http://www.pandasoftware.com/products/activescan/com/activescan_principal.htm
- > Panda Software free Active Scan,where you can check your
- > PC for ALL TYPES of security threats and clean viruses and worms
- >
- > <http://housecall.trendmicro.com>
- > Trend-Micro free online scanner HouseCall where you can scan for
- > Viruses and Spywares and clean them. CWShredder is also available
- > here
- >
- > <http://www.kaspersky.com/virusscanner>
- > Kaspersky free online scanner

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- > and checker for suspicious files.If you have issues with suspicious
- > file,here is the right place!
- >
- > http://www.f-prot.com/virusinfo/submission_form.html
- > Send F-prot AV suspicious files for fast analyze and and it is all
- > for FREE
- >
- > <http://www.microsoft.com/malwareremove>
- > Microsoft Windows Malware Removal Tool
- >
- > http://www.microsoft.com/windowsxp/using/security/expert/russel_infectedpc.mspx
- > Microsoft MVP Charlie Russel's article about Dealing with malware
- > Really good and detailed
- >
- > <http://support.microsoft.com>
- > Free Microsoft support and suggestions (for genuie clients)
- >
- >
- >
- > Now ,when you have cleaned your computer,you need to think about
- > your
- > security!
- > Microsoft
- > suggests 3 + 1 general steps how to protect
- > your PC and the infomation stored on it,
- > your privacy and your family
- > 1.Use an internet firewall
- > 2.Enable Automatic Updates for your PC
- > 3.Use an antivirus software
- > 4.Use antispyware software
- >
- > Goto <http://www.microsoft.com/athome/security> and learn more
- > Check the Security Essentials for your OS and also have a look at
- > all
- > sections!
- >
- >
- >
- >
- > Panda_man
- > " Let's beat malware black and blue"
- > " No new epidemic of all kind of malware -> Panda TruPrevent"
- >
- >
- > | SETTING UP A COMPUTER |
- >
- > When you first turn on your computer
- > it is adviseable to first have a look at its setings.
- >
- > ** If you use Windows XP **
- >

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- > 1 .Create as many computer accouts as you need
- >
- > If your computer is going to be used from more than one person
- > (family members,friends,colleagues ,etc...) ,
- > make others limited users and you – Administrator
- > So that you'll have full control of the PC,but they would only be
- > able to change their files and few settings only !
- >
- > If you are a parent and would like your children to access the
- > internet,
- > create the limited user accounts.More about the parental control
- > below
- >
- > !!! Windows XP has hidden built–in administartor account
- > accessable and visible only in Safe Mode.
- > Get into Safe Mode and password protect it.
- > In Safe Mode,goto Control Panel –User accounts and click on the name
- > of that hidden account,called Administrator !!!
- >
- > | How to boot your computer in Safe Mode |
- >
- > Do this by repeatedly typing F8 while Windows is starting before
- > Windows logo appears.
- > Then you'll open the BIOS menu where you can choose to boot
- > the hard drive in SAFE MODE
- >
- > (If you are XP user ,find more about Safe Mode
- > in Help and Support Center ; Start–Help and Suport)
- >
- >
- >
- > 2. Password–protect your account and your files
- >
- > Make strong password,
- > with numbers,letters and at least one special character
- > Start – Settings – Control Panel – User accounts
- >
- > When you decide to password protect your account,
- > after creting a password Windows should ask you if you want
- > to protect your files also.Click YES
- >
- > or
- > Click on the folder you want to password–protect–Properties
- > Click on Sharing tab –Make this folder private
- >
- >
- >
- > ** All Windows Versions **
- >
- > Start – Settings – Control Panel
- > or My computer –Control Panel

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- >
- >
- > 3. Have a look at
- >
- >>Display settings
- >>Date and time Settings
- >>Mouse and Keyboard settings
- >>Power Options
- >>Regional and language settings
- >>Sound settings
- >>Start Menu Settings
- >
- >
- > 4. I do not recommend any user to install programs like
- >
- > WinAmp ,Real Player
- > or WinZip (in Win XP)
- > Because of the fact Windows has integrated Windows Media Player (2
- > versions)
- > plus (Zip archiver in XP) ,it is pointless to install such programs
- >
- >
- > 5. Do install programs like
- >
- > Adobe Reader / Acrobat because it is useful and with it
- > you can read PDF files which become more wide-spread everyday
- > <http://www.adobe.com>
- >
- >
- > 6. If you do not have Microsoft Office
- >
- > Download
- > 1. Open Office
- > <http://www.openoffice.org>
- >
- > 2.Microsoft Word viewer / Excel viewer / Power Point viewer
- > <http://www.microsoft.com> ; ,click on Office
- >
- > Open Office is free as well as Microsoft viewers.
- > Open Office is not as good as MS Office but would do the basics
- >
- >
- >
- > | THINK ABOUT INTERNET |
- >
- > 1. After you go on-line,upgrade to the newest Service Pack
- > available for
- > your OS .
- > <http://windowsupdate.microsoft.com>
- > Learn more about the SP in Microsoft web-site and read the
- > preparation steps !

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- >
- > 2. Also download all critical updates with Express install.
- >
- > I recommend you to use only Internet Explorer as an internet browser
- > as well as Outlook Express for your mail program
- > Many people may think them as not as secure as other but that is not
- > true.
- >
- >
- > | PARENTAL CONTROL |
- >
- > Internet is useful for everybody and even for the children
- > They can search information for school project,listen to music,play
- > on-line
- > games
- > and even talk to friends
- > But it is even dangerous
- > What I recommend is to talk to your child/children and to explain
- > them about
- > the activities they don't have to do while online
- >
- > Then,do not trust your children fully.Install a good software/s/ to
- > help
- > protect your PC and your family's privacy
- >
- > So....
- > 1. Create your children limited user accounts in Windows XP
- >
- > So they will have their own My documents folder
- > but will not be able to access PC settings
- > Limited users can download everything but cannot install anything
- > ,so they cannot install any spyware/virus in the family's computer.
- >
- > Children limited account should NOT be password-protected !!!
- >
- > Parent administartor account should be password-protected !!!
- >
- >
- > 2. Turn on Internet Explorer's Content Advisor
- >
- > It would help your children not to open pornographic pages
- > and pages with bad content
- > Start- Settings - Control Panel - Internet Options - Content tab
- > and then enable it and check the settings
- >
- > 2.1 MSN toolbar
- > This toolbar become more useful everyday
- > It has either pop-up blocker and also Anti-Phising filter
- > Recently Microsoft had established this Anti-phishing filter
- > as an add-in for the Toolbar
- > <http://toolbar.msn.com> to get the toolbar

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- > <http://toolbar.msn.com> ; click on Add-ins and search for the
- > Anti-Phishing
- >
- > Antiphishing would help to protect your family from online fraud
- >
- > 3. Microsoft has made a component to help protect a computer
- > that is used by many people.It prevents limited users from access to
- > ^chosen by the admin user^ programs and files and also prevent them
- > from downloading files and other things
- > It is easy to use and can be configured to meet everybody's needs
- > It is called Share access tool
- >
- > <http://www.microsoft.com/windowsxp/sharedaccess/faq.msp>
- >
- > /example : A parent with Administrator rights can prevent a children
- > with limited account to use a chat program or download a new one /
- >
- >
- > 4. When a child uses the internet ,
- > the computer should have an antivirus software ON + firewall
- > always ON
- >
- > http://www.pandasoftware.com/about/resp_social/children_internet
- > Because of the campaign "Children and the Internet"
- > Panda Software offers 90 day free trial version of one of the best
- > security
- > softwares
- > Panda Platininum Internet Security 2005
- >
- >
- >
- > Please,go through the additional steps below.....
- >
- >
- > | PROTECT YOUR COMPUTER
- > AND THE INFORMATION STORED ON IT |
- >
- > Microsoft suggest 3 +1 steps general steps to help protecting your
- > computer.Here they are plus some additional !
- >
- >
- > 1. Firewall ON
- >
- > It is very important to know that you REALLY SHOULD
- > use only one firewall (to prevent software conflict) !!!
- >
- > Firewall is a protective barrier between your PC and the outside
- > world.
- > It protects you from hackers and other intruders from gaining
- > remote access to your PC and also from viruses and network worms
- > (like

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- > Sasser).
- > It also makes your PC invisible for hacker softwares and
- > even if hackers find your PC it will block the attack.
- > Firewalls scans all your incoming (or outgoing) traffic and
- > immediately block it if it is unsolicited.
- >
- > ** Windows XP **
- >
- > has integrated firewall –
- > Internet Connection Firewall (ICF) for SP1 and
- > Windows Firewall (WF) for SP2
- >
- >>> Windows Firewall (for SP 2)
- > is full firewall ,suitable for all kind of users and connections.
- > Windows Firewall is designed especially for home users with
- > not very big computer literacy and that's why it works almost
- > automatically,asks rarely !
- >
- > When using it,check the Exception list .
- > If you are home user and do not want to play network games,exchange
- > files
- > over chat
- > or you are connected to internet via none/less secure server, you
- > can check
- > " Don't allow exception "
- > This guarantees you maximum protection!
- >
- >
- > Start – Settings – Control Panel – Windows Firewall .See its
- > settings.
- >
- >>>>Users with no Service Pack or with SP 1 you should upgrade to SP
- >>>>2
- > because ICF is partial firewall made for direct internet connection
- > only
- >
- >
- > ** Windows versions different from XP **
- >
- > They do not have integrated firewall and they are not protected
- > from hackers and intruders,network viruses and etc.
- > They MUST use software firewall.So choose one firewall
- >
- > You may get Zone Alarm personal (free) from :
- > <http://www.zonelabs.com>
- >
- >
- > 2. Windows Updates ON
- >
- > Windows Updates can protect your PC from different OS
- > vulnerabilities and

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- > security threats.
- >
- > ** Windows XP and ME **
- >
- > | Critical updates |
- >
- > Automatic Updates ON
- > Right click on My computer – Properties – Automatic Updates –
- > Download updates automatically but let me choose when to install
- > them
- >
- > ** Different form XP and ME **
- >
- > | Critical updates |
- >
- > Automatic updates are not offered
- > Manually download critical updates
- > Start – Windows Update or <http://windowsupdate.microsoft.com>
- >
- > ** All Windows Versions **
- >
- > | Optional updates |
- >
- > Because of the fact Automatic updates downloads only critical
- > updates (they
- > are the most important),
- > regularly visit <http://windowsupdate.microsoft.com>
- > and download some of the optional software and hardware updates
- > available.
- >
- >
- > 3. Virus Protection ON
- >
- > Antivirus Software can protect you from viruses,worms,trojans and
- > other
- > security threats
- >
- >
- >>> Always use the latest version of your program and update it at
- >>> least every two days.
- > The more often you update it ,the higher protection for new threats
- > you have.
- >
- >>> Make sure it has real–time scanner which is enabled
- >
- >>> Make sure all security settings are turned ON
- >
- >
- > (e.g. scanning All files,scanning compressed files,mail scanning,
- > disinfecting, heuristic scan,behaviour analyze
- > or detecting spyware,hacking tools, jokes and so on...)

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- >
- > Use only 1 av software .More than one may cause your PC
- > problems because of the permanent protection ! ! !
- >
- >
- > Other : List with all Microsoft Anti-virus partners
- > <http://www.microsoft.com/security/partners/antivirus.asp>
- >
- >
- >
- > | PROTECT YOURSELF AND YOUR PRIVACY |
- >
- > 1. Spyware protection ON
- >
- >>> Spybot Search & Destroy
- > <http://www.safer-networking.org/microsoft.en.html>
- >
- >>> Ad-Aware SE Personal
- > <http://www.lavasoftusa.com/software/adaware>
- >
- >>> Microsoft Antispyware
- > <http://www.microsoft.com/athome/security/downloads/default.mspx>
- >
- > These 3 programs(all free) are the most famous
- > in the world and ,of course,are the best.
- > Using two of them guarantees you very ,very good protection !
- >
- > Microsoft Antispyware is the only one from these above that has
- > real-time protection,which is very important for dealing with spy
- > junk
- >
- >
- >
- > 2. Manage your Internet Settings
- >
- > Start->Settings->Contol Panel->Internet Options
- >
- > | On the General tab |
- > Delete all temporary internet files,cookies,history (often do this)
- >
- > | On the Security tab |
- > Make sure the Internet level is Medium.Check other levels
- >
- > | On the Privacy tab |
- > Make sure the level is Medium High.
- >
- > | On the Content tab |
- > Goto Auto complete
- > Delete(clear) forms and passwords and check the settings
- >
- >
- > 3. Use a pop-up blocker

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- >
- > Internet Explorer 6 with XP SP 2 has integrated pop-up blocker
- >
- > However ,if you are not XP SP 2 user ,or you are without IE 6
- > get the Free MSN Tool Bar that has pop-up protection
- > <http://toolbar.msn.com>
- >
- >
- > 3.1 MSN toolbar
- > This toolbar become more useful everyday
- > It has either pop-up blocker and also Anti-Phising filter
- > Recently Microsoft had established this Anti-phishing filter
- > as an add-in for the Toolbar
- > <http://toolbar.msn.com> to get the toolbar
- > <http://toolbar.msn.com> ; click on Add-ins and search for the
- > Anti-Phishing
- >
- >
- >
- > 4. Other
- >
- > 4.1
- > (Depending on your mail program -> this below is for Outlook
- > Express)
- > Open Outlook Express
- > Tools – Options – Security
- > Make sure you have checked these:
- > ` Warn me when...
- > ` Do not allow...
- >
- > 4.2
- > Create free web-based mail
- > Lots of free web-based mail accounts exist.
- > You may create one in Hotmail , Yahoo , Gmail or Mail.RU
- >
- > They are all for free with a lot of space and intergrated SPAM and
- > Virus
- > protection
- > Yahoo.co.uk and Mail.ru offer free POP 3 / SMTP /HTML access
- > so you may use them with Outlook Express
- >
- >
- > 4.3
- > Think first , then click !!!
- >
- > Nothing can protect the computer from its user.
- > Even though you could have firewall,av software,
- > antispysware software and all updates downloaded,
- > you are not protected 100 %.NOTHING guarantees you 100 % protection.
- > So if you don't know what exactly to do and when to do it,you'll
- > probably

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- > fall a victim
- > of a virus , spyware or hacker.
- > You can find it ridiculous,but it is true! :-)
- >
- > BE CAREFUL which sites you visit
- > BE EXTREMELY CAREFUL what you install,especially free or shareware
- > software.
- > ALWAYS check everything you download from internet with AV and AS
- > software.
- >
- >
- > 4.4
- > Be aware of SPAM messages and especially PHISHING !!!
- > Spam messages are unsolicited mail.You really do not want them !
- > In most cases SPAM is just annoying,however PHISHING is a type of
- > spam that
- > is
- > is really dangerous.Somone unknown sends you a messages,which is
- > trying to get personal information,such as bank account number
- > and passwords ! That's why :
- >
- > NEVER give your email and/or passwords to strangers.
- > Don't post your mail or passwords in forums and chats.
- > NEVER read email messages from people you don't know. Just
- > delete
- > them!!!
- > NEVER answer to strangers or even open the attachments,if
- > any !!!
- > Delete the mail !
- > NEVER follow links in email from stranger and in mail that
- > you
- > doubt and do not trust !
- >
- > For more info about SPAM / Phishing visit
- > <http://www.microsoft.com/athome/security> ; -> Email section
- >
- > 4.5
- > Regularly :
- >> Run Disc clean-up (with all checked)
- > Start – Programs – Accessories – System Tools – Disc Clean-up
- >
- >> Check all hard drives for errors
- >> Back-up all your information (at least montly)
- >> Defragment all hard drives
- >> Scan all your computer with antivirus and antispyware
- > software
- > (should be twice a week)
- >
- >
- >
- >

Re: My words

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- > ---- Useful pages ----
- >
- > <http://www.microsoft.com/athome/security/downloads/default.mspix>
- > different kinds of free or trial security software.
- >
- > http://www.pandasoftware.com/about/resp_social/children_internet
- > Because of the campaign "Children and the Internet"
- > Panda Software offers 90 day free trial version of one of the best
- > security
- > software
- > Panda Platinum Internet Security 2005 awarded with many prizes
- >
- > <http://www.pandasoftware.com/protected/tips.htm> ;
- > useful tips for protecting computers
- >
- > http://www.pandasoftware.com/products/activescan/com/activescan_principal.htm
- > Panda Software free Active Scan, where you can check your
- > PC for ALL TYPES of security threats and clean viruses and worms
- >
- > <http://housecall.trendmicro.com>
- > Trend-Micro free online scanner HouseCall where you can scan for
- > Viruses and Spywares and clean them. CWShredder is also available
- > here
- >
- > <http://www.kaspersky.com/virusscanner>
- > Kaspersky free online scanner
- > and checker for suspicious files. If you have issues with suspicious
- > file, here is the right place!
- >
- > http://www.f-prot.com/virusinfo/submission_form.html
- > Send F-prot AV suspicious files for fast analyze and and it is all
- > for FREE
- >
- > <http://www.microsoft.com/malwareremove>
- > Microsoft Windows Malware Removal Tool
- >
- > http://www.microsoft.com/windowsxp/using/security/expert/russel_infectedpc.mspix
- > Microsoft MVP Charlie Russel's article about Dealing with malware
- > Really good and detailed
- >
- > <http://support.microsoft.com>
- > Free Microsoft support and suggestions (for genuine clients)
- >
- >
- >
- > Now ,when you have cleaned your computer, you need to think about
- > your
- > security!
- > Microsoft
- > suggests 3 + 1 general steps how to protect
- > your PC and the information stored on it,

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- > your privacy and your family
- > 1.Use an internet firewall
- > 2.Enable Automatic Updates for your PC
- > 3.Use an antivirus software
- > 4.Use antispysware software
- >
- > Goto <http://www.microsoft.com/athome/security> and learn more
- > Check the Security Essentials for your OS and also have a look at
- > all
- > sections!
- >
- >
- >
- >
- > Thanks very much !!!
- > Panda_man
- >
- >
- > " Let's beat malware black and blue "
- > " No new epidemic of all kind of malware -> Panda TruPrevent "
- >
- >
- >

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