

microsoft.public.windowsxp.newusers: Re: Is there such a thing as being over-protected?

## Re: Is there such a thing as being over-protected?

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Ducatifreak wrote:

- > *I have Norton AV, Zone alarm, and spysubtract running, I think my*
- > *system is running slower now than before I installed them all. Are*
- > *they redundant? If so, which is the best and what should I trash to*
- > *get my new system back up where it was?*

If you are over-protected or not depends on your situation.  
What you have on it, how important it is to you, etc.

Go through this list I suggest everyone goes through and see what level of protection you want/feel is adequate.

**\*WARNING\*** This is a LONG spill, all in plain text and simplified so that even non-techs should be able to understand it. Hopefully this will assist some people in not only repairing their systems, but in making them faster and more stable tools for them to use. It contains advice on many things, many considered "common knowledge" to 'IT' people everywhere. It is split into major sections, hopefully this will make it easier to navigate. **\*WARNING\***

Suggestions on what you can do to secure/clean your PC. Every attempt has been made to be general and an assumption of a "Windows" operating system is made here as well – although in some ways, this could be adapted to any OS.

### GENERAL UPKEEP AND CLEANUP

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You should periodically defragment your hard drives as well as check them for errors.

How to Defragment your hard drives

<http://support.microsoft.com/?kbid=314848>

How to scan your disks for errors

<http://support.microsoft.com/?kbid=315265>

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How to use Disk Cleanup

<http://support.microsoft.com/?kbid=310312>

You should also empty your Internet Explorer Temporary Internet Files and make sure the maximum size for this is small enough not to cause trouble in the future. Empty your Temporary Internet Files and shrink the size it stores to a size between 120MB and 480MB..

- Open ONE copy of Internet Explorer.
- Select TOOLS -> Internet Options.
- Under the General tab in the "Temporary Internet Files" section, do the following:
  - Click on "Delete Cookies" (click OK)
  - Click on "Settings" and change th