

Weekly Task List to Protect Your System From Spyware, Virus, and Trojan Infection

1) Update Your Firewall and Virus Program Signature Files.

The method depends on the Firewall/AV product on your system.

Norton Internet Security is the recommended product.

Double Click the Norton Internet Security Icon

Choose Live update

Choose Next

Choose Next

Choose Finish

Reboot computer if asked to

2) Do ALL The Microsoft Windows Updates!

Windows XP

The link to Microsoft Update page is found by clicking 'Start' All Programs

'Microsoft Update', then click on Custom and

Do ALL The updates.

If you do not have Microsoft Update choose windows update

Then install Microsoft Update

Windows Vista

The link to Windows Update page is found by clicking the 'Start Button

All Programs 'Windows Update', then click on Check for updates

Install all Updates including optional updates

3) Do Spy Blaster Signature Update if you have it installed

Double click the Spy Blaster Icon

Click on 'Download Latest Protection Updates',

Then Check for updates when download finishes

Click 'Enable All Protection'

Note: when this software is first installed click
'Tools' then 'Host Safe', and then click 'Create New Backup'.

Followed by clicking 'System Snapshot' then
'Create new System Snapshot', followed by
Clicking 'GO'

If Spy Blaster is not loaded on your system,
See our Software Page for this free software
Or call 250-791-6670 for customer support

4) Do SpyBot Search & Destroy if you have it installed

Download updates and Scan

Double click the Spybot Icon
Then click 'Search For Updates', then all
Update check mark boxes, and then click
'Download Updates'

When this is complete,
Click Immunize

Then click the Immunize Button at top of window look for the green cross

Then click Search & Destroy,
Then 'Check For Problems'

If SpyBot is not loaded on your system,
See our Software Page for this free software
Or call 250-701-6670 for customer support

5) Do Windows Defender scan if you have it installed

To do the scan click programs then click Windows Defender

Then click scan

If Windows Defender is not loaded on your system,

Or cannot be found in your program list

See our software Page for this free software

Or call 250-701-6670 for customer support

6) Do ALL Microsoft Office Products Updates!

(If Office Products are installed on your system)

Please use the link below

<http://office.microsoft.com/en-us/downloads/FX101321101033.aspx>

7) Update and run AD-Aware if you have it installed

Double click the Ad-Aware icon

Click on Check for updates now

Then Connect

Then OK if a new download is available

If no download click finish or wait for download to complete and click finish

Then click Start and then Next do start Scan

When Scan is finished check all items found

Then click Finish to remove Items

8) Update and run Malwarebytes Anti Malware if you have it installed

Double click the Malwarebytes Anti Malware icon

Click on the update tab

Click on the check for update button

After the update is finished

Click on the scanner tab

Choose perform full scan

Then click the scan button

See our software Page for this free software

Or call 250-701-6670 for customer support

9) Update and run SuperAnti Spyware if you have it installed

Double click the SuperAnti Spyware Icon

Click on check for updates

After updating Click on Scan your computer

Click on Perform a Complete Scan

Then Click On Next

See our software Page for this free software

Or call 250-701-6670 for customer support

10) Do Your Weekly Image Backup!

If you have Image creating software installed on your system

It is recommended that you make a complete IMAGE backup of your system hard drive before performing any of the above.

If you require technical assistance completing the above contact

Wizard Computer Services

250-791-6670