



## **Cleanup – Recommend running once a week.**

This program will clean Temporary Internet Files, Temp Files, recently used files and everything that needs to be cleaned. Simple program and I use it often. I normally click "No" when it asks me to logoff.

### ***Note:***

***Run Cleanup first to clean files before running Ad-Aware. This will save Ad-Aware from scanning unnecessary files.***



Ad-aware 6.0

## **Ad-Aware SE – Recommend running once a week.**

Removes spyware/adware programs.

Connect to the Internet and check for updates before running the program.

Click on "Check for updates".

I have the program setup to do a "customized" scan.

Click on Start.

Click on Next.

The program will scan the computer completely. When finished it will show you how many "bugs" it found.

Click Next.

You will be looking at "Critical Objects"

Right click in the list window and "Select all objects".

Click next and click OK.

It will quarantine and then delete everything.

Close the program and you're all set.

## **SpyBot 1.4 – Recommend running manually once a week.**

Removes spyware/adware programs.

Connect to the Internet and check for updates before running the program.

Click on "Search for updates".

Click on Search & Destroy

Click on Check for problems.

After scan is complete, click on "Fix Problems"

## **AVG or Norton Antivirus – Recommend running manually once a week.**

These virus scanning programs usually put out an update every week. If you are connected to the Internet, it will update automatically. I like to open the program and do a manual "Live Update or Update Manager" to make sure the program files are up-to-date as well as the virus definitions.

Don't rely on automation to keep yourself protected. There are bugs out there that will disable your protection, so don't let your guard down.