

# Computer House Keeping (Computer/Internet Security – Antivirus)

*The biggest message is that doing nothing about viruses, some basic computer maintenance and looking after your computer and information is not an option!*

**U need to do all these suggested things to prevent nasty things happening to you and your computer you may not like or like to know about, people spying on you, and of cause getting the odd virus. Mainly for Windows, not such and an issue on Linux/Unix**

I am afraid we have to some rules to prevent chaos for us humans and the computer and it's systems and requirements. **It is called good housekeeping.**

**The first rule** of computers lets say you are writing a letter or making a spreadsheet is to **SAVE THE FILE**. When in your wordprocessor or spreadsheet programme Press the Disk on the Toolbar or press ALT File Save or CTRL+S and give the file a name and which folder it will reside in. Then save on a regular basis, about every five or ten minutes. You should also have a clear strategy for storing stuff so you can find it. IE file names and locations.

**The second rule** is to do **regular Backups** of your Data onto CD or backup tape and to keep them in another building or at the bank.

**The third rule** is doing some **housekeeping** on your computer and **taking all reasonable precautions** in the way you do things and the way you act online and the way you store and protect your computer and information.

**The fourth rule** is to **do all the suggested things** in this article! Or at least most of them now but more importantly on and ongoing basis.

**The fifth rule** is please please **do not use Internet Explorer and Outlook Email**, as they are terrible programs and attract all the viruses in the world and are always full of security holes. IMHO!

**Now for the hard work! In some sort of list of importance!**

## **Information/Data Backups**

***Of cause you make regular backups don't you!***

I backup on several Computers (on My LAN, now have 200gb of hard disk space), Online Briefcase (briefcase.yahoo.com), on my website, CD Backups and a Memory Stick to keep several copies of important information and data.

## **Delete Cookies and Temp Files**

Press Start > Run > Enter cleanmgr > OK > Select C: > OK > Select Folders > Ok > Yes  
Do this every 7-14 days and before these other operations.

## **Virus Checker**

Try Avast from [http://www.avast.com/i\\_kat\\_76.html](http://www.avast.com/i_kat_76.html) it is Free and offers Virus and Email protection and it updates automatically. Run every 7 to 14 days



AVG is a free but good Virus Checker [http://www.grisoft.com/us/us\\_dwnl\\_free.php](http://www.grisoft.com/us/us_dwnl_free.php)  
Run the Virus checker often, (double click on the desktop Icon, Run Complete Test) probably set for 8pm to run automatically, but can be changed.



Also AVG update often (at least every 14 days), by going, Service, Update, From Internet, Update Now. This will log on the Internet hopefully and update the Virus Checker.

## **Addware Spyware Pornware**

Try Ad-aware, run this at least every 7-14 days, this checks for Spy, Porn and Add Ware that is sitting on the computer and spying on what you are doing and telling others what your preferences are and were you go on the Internet. <http://www.lavasoft.de/> I personally know of a lady who got a new computer got a porn dialer Trojan and then got a \$600 phone bill. Her response was to get rid of the computer LOL.



Another good one is called Spybot <http://www.safer-networking.org/index.php?page=mirrors>

## **Diskkeeper defragmenter (to replace Windows Useless Defrag)**

Run this when prompted or at least weekly, Double click on the Desktop Icon. Close the Welcome Screen, Click on the Hard Drive C: and then Press Defragment. This will sort out files and errors and make the computer easier to use and access files.  
<http://www.executive.com/diskkeeper/diskkeeper.asp>



A defragmenter makes all the non-contiguous files contiguous in case you are wondering! Linux does not suffer to the same degree as Windows does! It can make a marked difference as to how your computer performs.

## **Crazy Web Browser**

Use this in Preference to Internet Explorer. Crazy browser kills add popups and handles multiple windows far better than Interest explorer. [www.crazybrowser.com](http://www.crazybrowser.com)



### Mozilla Web Browser

[www.mozilla.org](http://www.mozilla.org) a quick and better browser than Internet Explorer, also does Email and User Groups.



### Email Client

Foxmail is Free and great and can do most of the things that Outlook can do and is not prone as much to viruses. It is at <http://fox.foxmail.com.cn/english2.htm>



The main thing is not to respond to all the silly Spam mail or open any attachment from people you do not know. The Nigerian Scam or lately a free \$US2000 gift if you just give out your credit card details and a mere \$US39 (yer right!!!)

I quite often see a whole host of spyware and pornware, which slows the computer and the Internet down something terrible.

*Do not store important information in you email program. If you wish to keep it cut and paste it to a text or word document.*

Sooner or later you will change computers or have to reinstall windows and loose everything in you emails.

### Windows Updates

Make sure you have installed the latest Windows Updates and have the latest security patches on your machine.

This can be done automatically online or by getting hold of them on CD (get it from the computer club or from a Computer mag like Netguide).



Start > Windows Update, is one way but sometimes the files can be quite big. Or from the Control Panel.

### Email Spam

If Spam Email is problem, consider a mail washer, I use JMail to look at the headers and delete the rubbish before downloading. <http://www.pc-tools.net/win32/trialware/jbmail.html> It is small and easy to use.

I also screen my mail through Yahoo using their Spam filters. Currently I do not have a NZ ISP I use Yahoo and Hotmail for Email and I use networks for accessing the Internet or a Cyber café.

### Firewall

Personally I do not use a Firewall as I am mostly on a network and would need a professional firewall to get it to work properly. Plus I have Windows and Linux on the Network.

Outpost will protect you from attacks and prevent stuff happening from and to your computer when on the Internet. If prompted by the firewall give the activity permission or not! Depends if you know what it is or if you are expecting to be prompted by a new activity. <http://www.agnitum.com/download/outpost1.html>



To disable if you get stuck right click on the Icon in the System Tray (bottom right hand of Desktop) and Exit and Shutdown.

If you ban some activity then realise you need it, or if you cannot do an activity online. Right Click on the Outpost Icon in the System Tray, Show Outpost Firewall, and then check, Blocked, you can then change the status to allowed by, Options, Applications and Click on the Application and Remove.

Also blocks ads on sites.

There is also Zone Alarm for free [http://www.zonelabs.com/store/content/company/products/znalm/freeDownload.jsp?lid=zadb\\_button](http://www.zonelabs.com/store/content/company/products/znalm/freeDownload.jsp?lid=zadb_button)

Free Firewalls are an impediment when using a LAN and Internet Sharing. You would really need a professional firewall for use with a home network (LAN) and Internet Sharing. Also on a network you would only need a firewall on the server (main computer). Windows XP has some firewall protection and this will be increased in Service Pack 2 due in the next few months. Remembering that Windows 95/98/ME are no longer supported and XP will not be after 2006 when Longhorn is introduced. Man Linux looks better all the time (OPPS!)

### Encryption

PGP or Pretty Good Privacy is the industry standard for encryption. That is to encode any data so that only selected people can read the information and not others. Try one of these <http://www.pgpi.org/products/pgp/versions/freeware/>

This is for the most paranoid amongst us LOL!

### Other Stuff

There are other things you need to do, for information on them check out my tutorials and howtos at <http://leftfieldnz.topcities.com/tutor>

I also use Nortons System Works to watch what is installed and to do some diagnostics/fixups on Windows computers.

## Interesting Websites

Website	Note
<a href="http://leftfieldnz.topcities.com/tutor">http://leftfieldnz.topcities.com/tutor</a>	Online Tutorials and Howtos
<a href="https://grc.com/x/ne.dll?bh0bkyd2">https://grc.com/x/ne.dll?bh0bkyd2</a>	Online Free Virus Checker
<a href="http://www.infosec.gov.hk/english/general/general_corner.htm">http://www.infosec.gov.hk/english/general/general_corner.htm</a>	Internet Security Info
<a href="http://www.pgp.org/products/pgp/versions/freeware/">http://www.pgp.org/products/pgp/versions/freeware/</a>	Free PGP Security
<a href="http://housecall.trendmicro.com">http://housecall.trendmicro.com</a>	Online Free Virus Checker
<a href="http://us.mcafee.com/root/mfs/default.asp">http://us.mcafee.com/root/mfs/default.asp</a>	Online Free Virus Checker
<a href="http://www.pgp.com">http://www.pgp.com</a>	PGP Pretty Good Security
<a href="http://www.vmyths.com">http://www.vmyths.com</a>	Virus Myths/Hoaxes
<a href="http://www.avast.com/i_kat_76.html">http://www.avast.com/i_kat_76.html</a>	Avast Antivirus
<a href="http://www.free-firewall.org">http://www.free-firewall.org</a>	Firewall Info
<a href="http://www.agnitum.com/download/outpost1.html">http://www.agnitum.com/download/outpost1.html</a>	Free Outpost firewall
<a href="http://www.crazybrowser.com">www.crazybrowser.com</a>	Crazybrowser
<a href="http://www.mozilla.org">www.mozilla.org</a>	Mozilla Browser
<a href="http://www lynx.com">www.lynx.com</a>	A Good fast Browser with no Graphics
<a href="http://www.cert.org">http://www.cert.org</a>	The Internet Police
<a href="http://download.zonelabs.com/bin/free/cm/index5.html">http://download.zonelabs.com/bin/free/cm/index5.html</a>	Zonealarm Firewall
<a href="http://fox.foxmail.com.cn/english2.htm">http://fox.foxmail.com.cn/english2.htm</a>	Foxmail Email Client

<http://www.sans.org/top20/#threats>

Have a look at the above link for further information

## Top Vulnerabilities to Windows Systems

- W1 Internet Information Services (IIS)
- W2 Microsoft SQL Server (MSSQL)
- W3 Windows Authentication
- W4 Internet Explorer (IE)
- W5 Windows Remote Access Services
- W6 Microsoft Data Access Components (MDAC)
- W7 Windows Scripting Host (WSH)
- W8 Microsoft Outlook and Outlook Express
- W9 Windows Peer to Peer File Sharing (P2P)
- W10 Simple Network Management Protocol (SNMP)

## Top Vulnerabilities to Linux/UNIX Systems

- U1 BIND Domain Name System
- U2 Remote Procedure Calls (RPC)
- U3 Apache Web Server
- U4 General UNIX Authentication Accounts with No Passwords or Weak Passwords
- U5 Clear Text Services
- U6 Sendmail
- U7 Simple Network Management Protocol (SNMP)
- U8 Secure Shell (SSH)
- U9 Misconfiguration of Enterprise Services NIS/NFS
- U10 Open Secure Sockets Layer (SSL)

Personally I take a low-key approach, just am careful about where I go online who I give my credit card details to and what I install, how I maintain my computers and the virus software and be aware of the bad and ugly online and have fun anyway. I am acutely aware also of Identity stealing.

Have Fun, but be aware they are watching U! LOL

Also remember that files are not really deleted, I recently trashed a 40gb Hard Drive and lost 2000 music files and 20+ movies, but used a file called Disk Recovery and got it all back onto a new 80gb Hard Drive.

*Thanks for your time. I hope the information was of some use!*

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