

Is your machine running slower....? It can be junk, left-overs, malware, trojan, virus or worm!

A. Did you know that 'CCleaner' used only 2 minutes each day can fully clean your machine?

B. 2009 used one Anti-virus & one Firewall, plus several Anti-spywares, CleanUps & Malware defences.

C. In 2010, we can use free programs to clean it with CCleaner's at <http://www.filehippo.com> (ccsetup228.exe)

Simplify your life with Microsoft's Security Essentials 1.0.611

<http://www.microsoft.com/security/products/mse.aspx>

"It is "Always kept up to date"

"Simple to install"

"Easy Security because if your Green your Good".

Changes for 2010 as the Security Essentials package with its automatic updates and functions, takes over the security jobs

Download 4 programs, 2 at <http://filehippo.com> (a) CCleaner (for 15 min weekly cleanups). (b) Microsoft's Security Essentials.

(c) Belarc Advisor http://www.belarc.com/free_download.html advisor.exe (Print-out of YOUR machine's setup)

(d) Revo Uninstaller1.85 http://download.cnet.com/Revo-Uninstaller/3000-2096_4-10687648.html revosetup.exe (To FULLY uninstall your old Anti-virus, firewall and other Malware.)

Background Notes: Four steps from 2009, to protect yourself: [Just hover over the underlined phrase; 'Hold ctrl key & left click to follow the link]

1. Keep your firewall turned on. Learn about firewalls.
2. Keep all your software and your operating system up-to-date. Learn about operating system updates.
3. Keep your antivirus software up to date. Learn about antivirus software.
4. Keep your antispysware technology up to date. Learn about antispysware technology.

About firewalls: A firewall helps protect your computer from hackers who might try to delete information, crash your computer, or even steal your passwords or credit card numbers.

- How to choose a firewall Firewalls for your operating system

About operating system updates: High priority updates are critical to the security

and reliability of your computer. They offer the latest protection against malicious online activities. Microsoft provides new updates, as necessary, on the second Tuesday of the month.

- How to update your operating system
- Visit Microsoft Update

About antivirus software: Viruses and spyware are two kinds of malicious software that you need to protect your computer from. You need antivirus technology to help prevent viruses, and you need to keep it regularly updated. Microsoft Security Essentials is a no-cost download for Windows 7, Windows Vista, and Windows XP.

- How to prevent viruses
- Virus protection for your operating system

About antispyware technology: Viruses and spyware are two kinds of malicious software that you need to protect your computer from. You need antispyware technology to help prevent spyware, and you need to keep it regularly updated. Microsoft Security Essentials will help protect against spyware and other unwanted software. Learn more about Microsoft Security Essentials.

- How to prevent spyware Spyware protection for your operating system