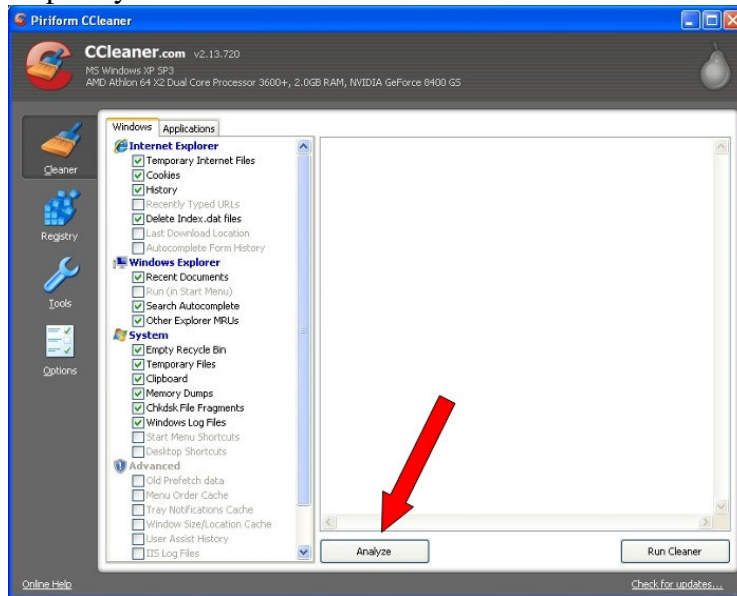


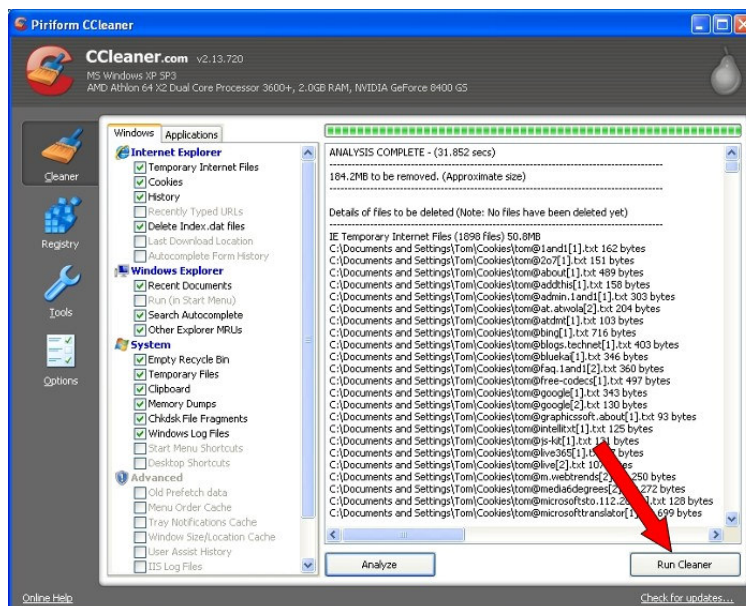
PC Maintenance includes the removal of temporary files, internet cookies and history, along with the removal of any spyware objects. Three programs are used to accomplish this task. These can be run whenever you suspect a problem or to be safe at least once a month.

CCleaner is a program that scans your hard drive for all temporary files and allows you to delete them with the click of a button.

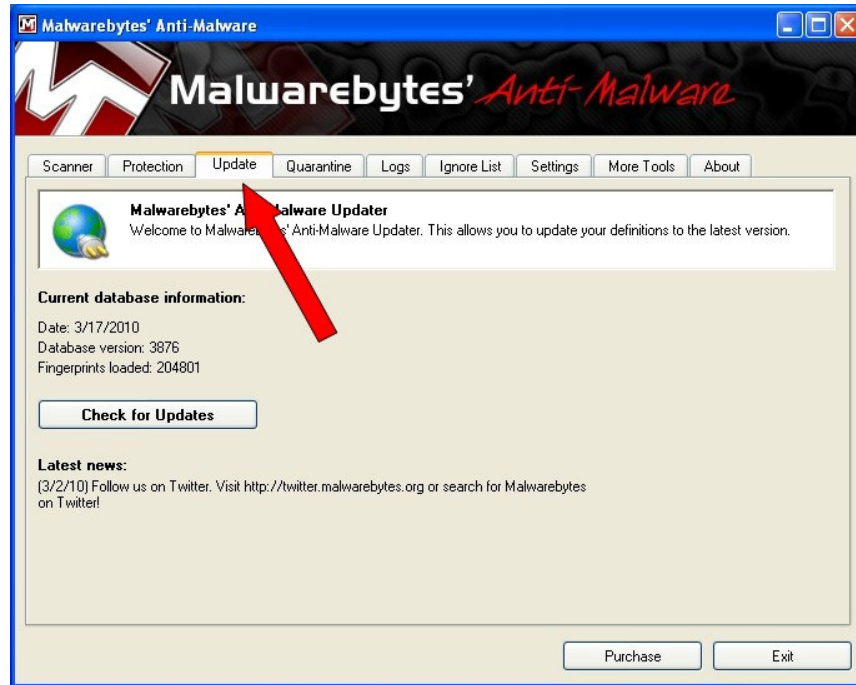
Launch the CCleaner program and click to Analyze your computer. This will start the scanning of all temporary file locations on the hard drive.



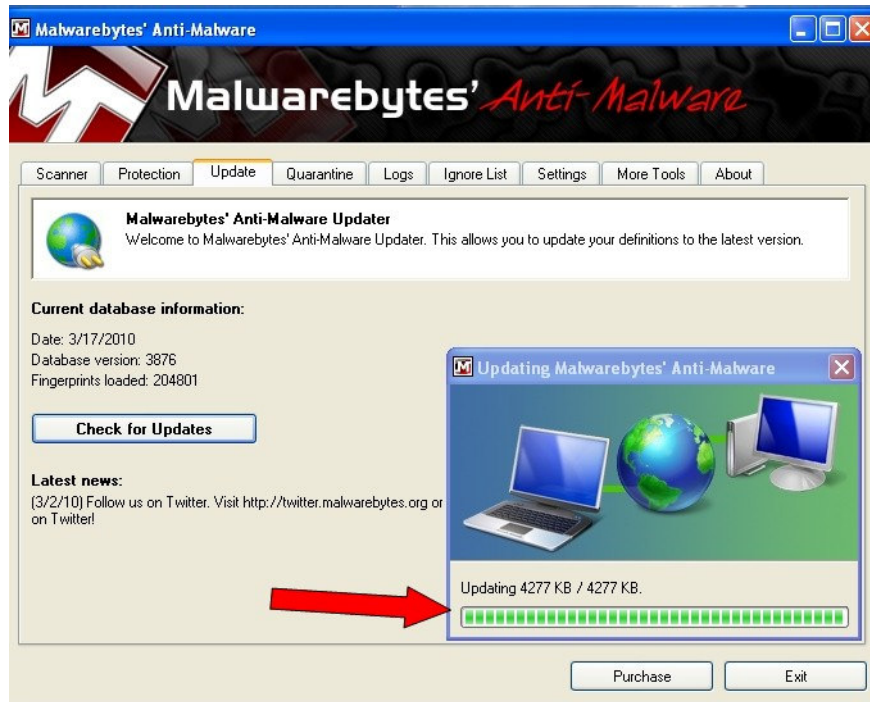
Once the scan has completed, a report of how much space can be reclaimed will be displayed and you can then just click the Run Cleaner icon to perform the actual cleaning process.



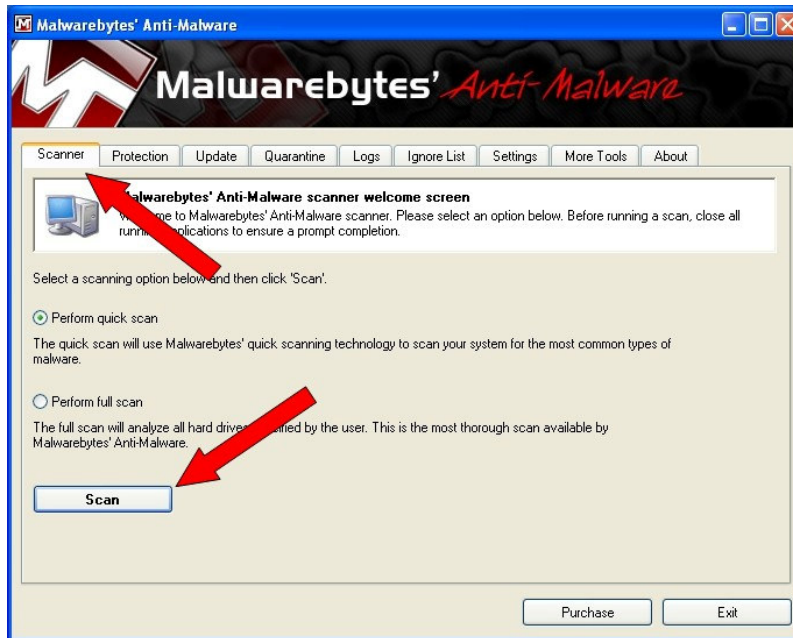
Malwarebytes Anti-Malware is a program that will scan your computer for malicious software and remove it. Each time you run it, you should first update the malware database from the internet website to obtain the latest software pattern files. Click on the **Update** tab and then click **Check for Updates** to start the download.



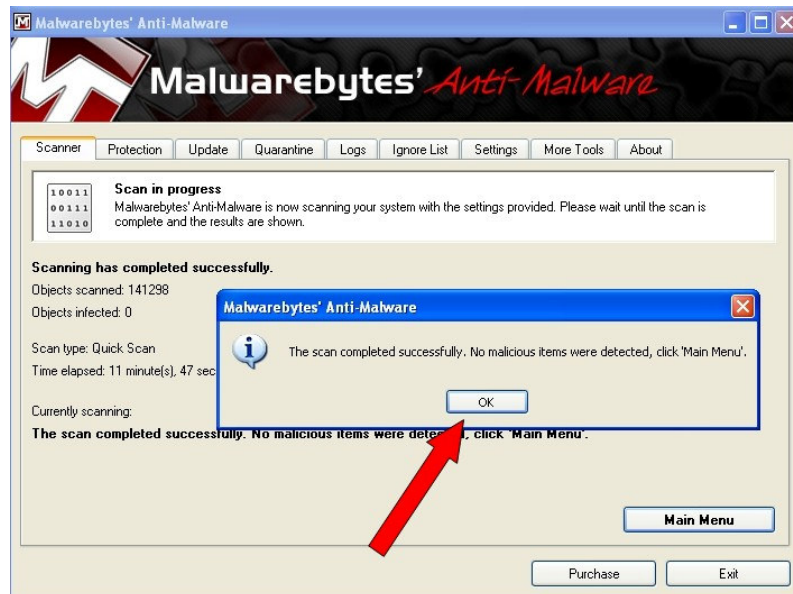
This will start the downloading and updating of any new malware patterns.



After the download is complete, click on the **Scanner** tab and then click **Scan** to perform a **Quick Scan**. This will conduct a scan of your computer in the locations most likely to have spyware installed. It takes about 10 minutes to complete.

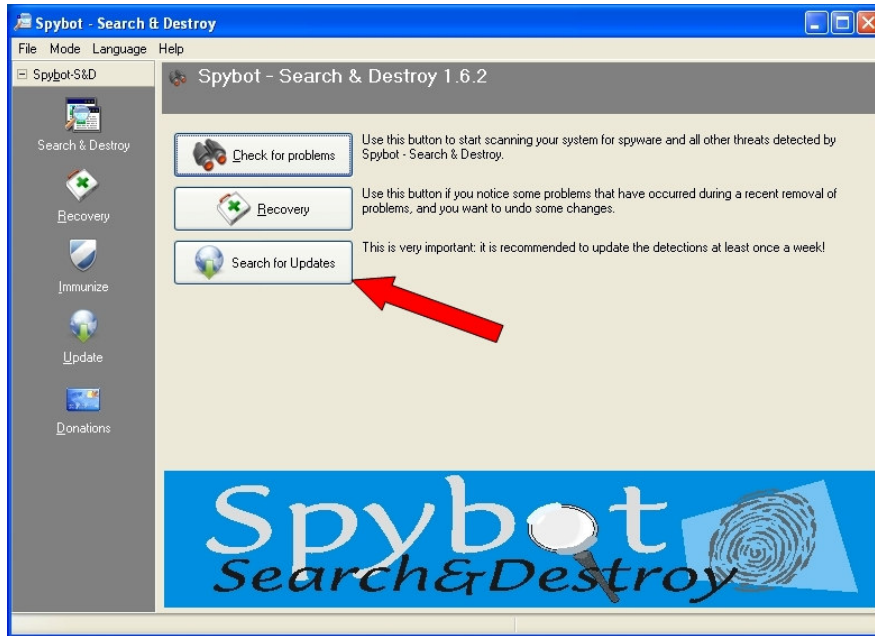


When the scan is complete, a message will be displayed indicating whether or not any items were found that should be removed. If spyware objects were found, there will be an icon to click to Remove them. Let the program remove the objects.



If a lot of objects were found, you can re-run the program and conduct a **Full Scan**. This will scan every part of the hard drive looking for objects to remove.

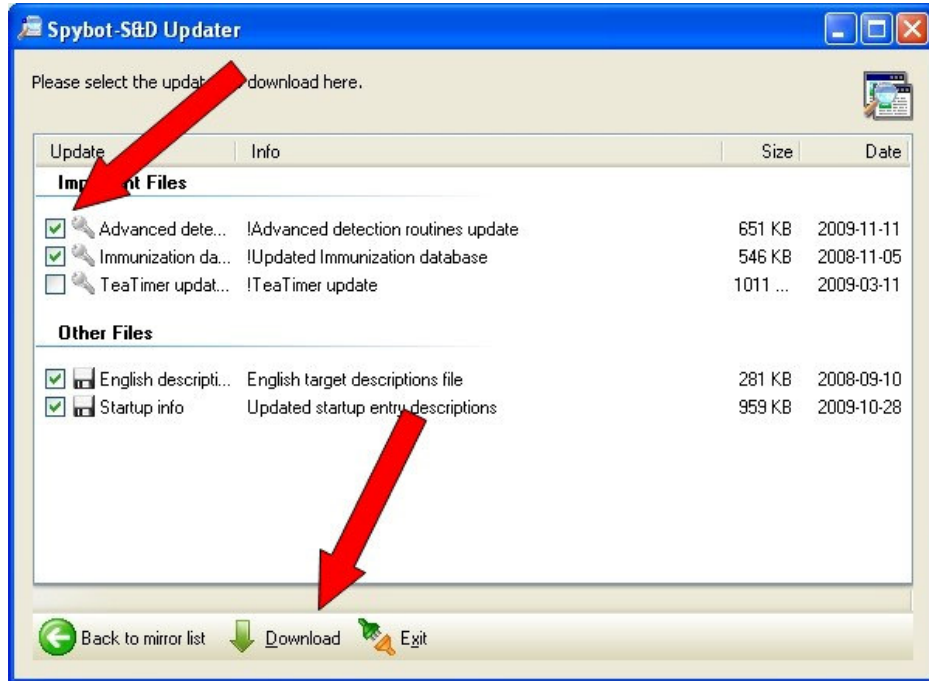
The **SpyBot Search & Destroy** program is a complementary program to the Malewarebytes Anti-Malware and has a more exhaustive search database. Over 900,000 known spyware objects are included in the latest pattern database. Before running a scan, you should first **Search for Updates** to download the latest patterns from the internet.



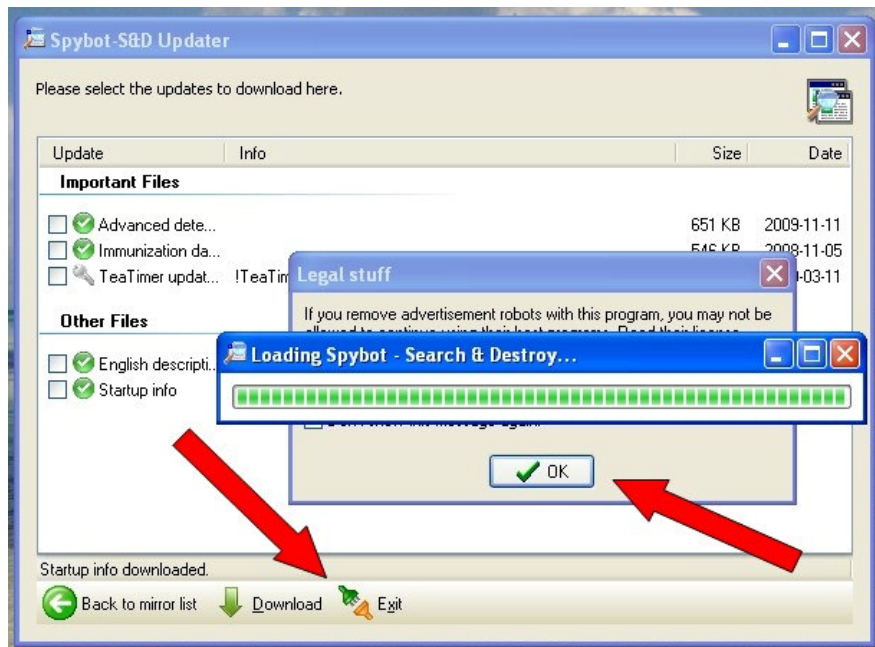
This will open a window where you can select from the available download sites. Choose a site that is in the US and then click **Continue**.



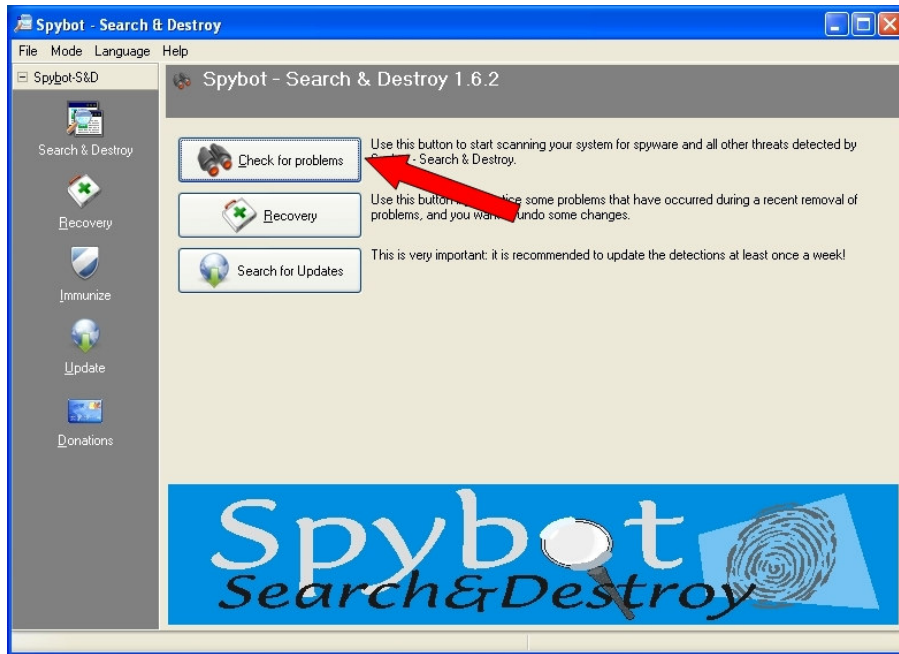
Next you will have the option to select the types of updates you want to download. Click the basic updates as shown below and click **Download** to start the process.



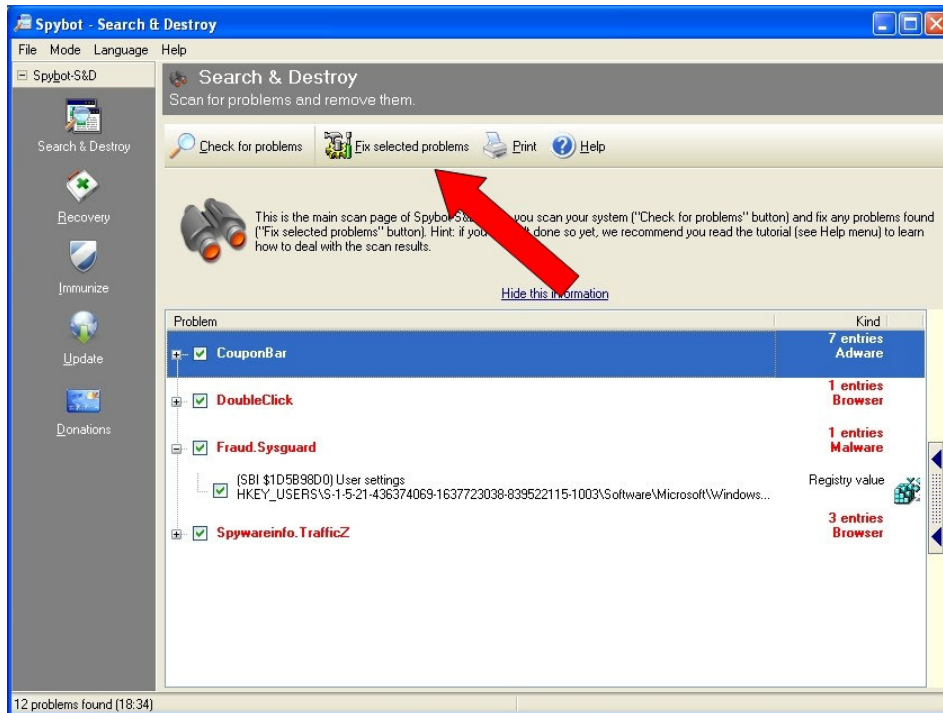
The updates will be downloaded and at the end of the process you can Exit this window and SpyBot will start up. There will also be a Legal Disclaimer to click **OK** to.



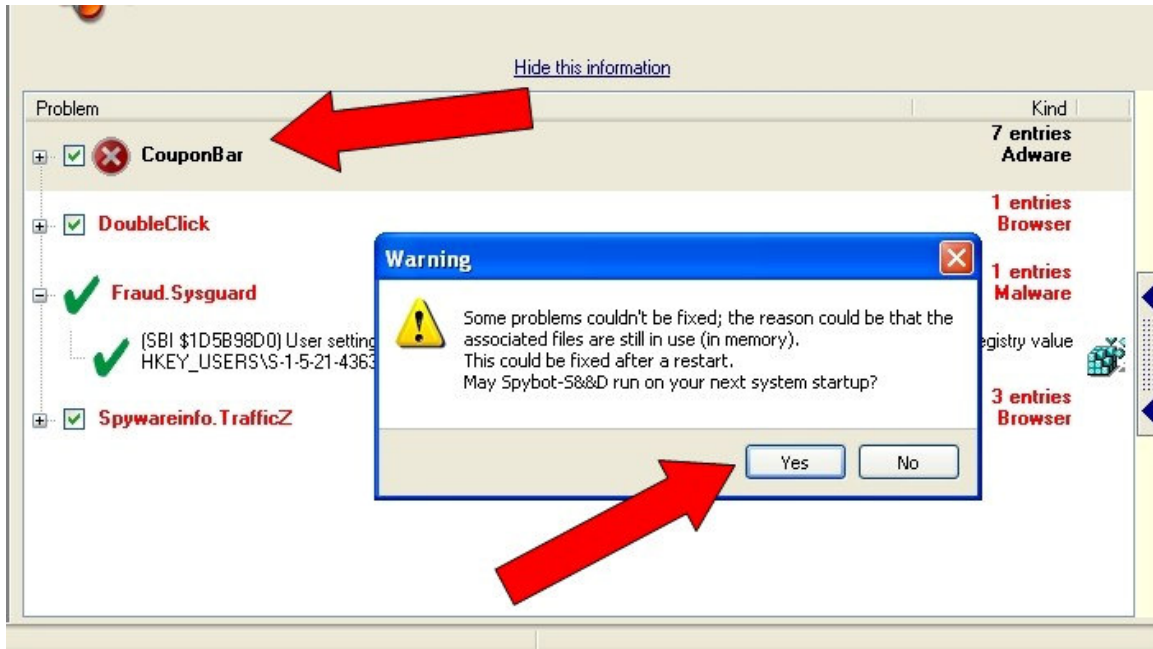
Once SpyBot starts, you can click to **Check for Problems**. This will start the scanning of your entire hard drive against the known database of spyware objects. The process can take 1 to 2 hours to run depending on the speed of your PC.



As the scan is running, the list of found objects will appear in the window. At the end of the scan, you can click on Fix Selected Problems to have all found items removed from your PC.



If there are any objects that are memory resident and can't be removed, SpyBot will give you the option to have it restart your PC and initiate a scan of your computer before anything is loaded for the Windows operating system. This will allow SpyBot to remove those items that were installed into memory that might be causing you problems. You can optionally ignore this option you want to.



Running these three programs on a regular basis will help to prevent your PC from being taken over by malicious software from the internet.