



Computer Hygiene

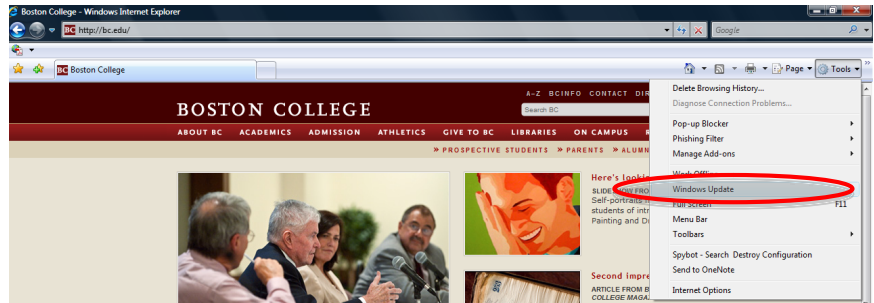
Being proactive about your computer safety and updates will save you both time and frustration, follow these simple suggestions to keep your Windows PC up-to-date and working efficiently. Macintosh users please look for the Sophos AntiVirus resource.

Please come to the Help Center to speak to someone in ATR should you have any questions on keeping your PC up-to-date.

Windows Updates

Microsoft will send out critical and non-critical updates, as frequently as needed. It is good practice to remain vigilant and make sure your PC is up to date.

To check open up Internet Explorer and click on the "Tools" option in the top menu bar (IE 7 pictured, IE 6 looks different but has the same name). Then choose "Windows Update" and follow the onscreen instructions.



Users of MS Office and other Microsoft products will want to check non-critical updates as well.

Anti-Spyware

ATR recommends students download and install the following programs on all Windows PCs. Each will help maintain a healthy computer and protect against Spyware and Malware in addition to the virus scan software provided by BC. These tools are free to use and can be downloaded at <http://www.download.com>.

Ad-Aware
www.lavasoft.com



Spybot Search & Destroy
www.safer-networking.org



Malware Bytes
www.malwarebytes.org

