

12 Step anti virus protection walkthrough



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Combating virus is not only the struggle of keeping virus away from your computer. It is also protecting your work files, time and money from being lost due to extra costs as a result of a virus infection.

- 1. Keep installation copies of all of your software where you can access it quickly,** preferably with the backup copies of your data files and when installing your computer, make notes about each program, where you install it, versions, updates needed and so on..
- 2. Install [anti-virus software](#) and run the antivirus definition updates at least daily,** if possible 2-3 times per day. New viruses appear every day even if you update your antivirus software only minutes after an infection, could it be too late.
- 3. Set up a personal firewall and understand how it works.** This is a relatively cheap way to protect your network, data and customer information. It's especially important if you have a cable modem as a faster, long time connection is easier to find and attack. But today even modem users should use a firewall.
- 4. Implement a regular maintenance routine.** Update your virus software, back up files and clean out temporary files weekly. Run windows update and install all patches as they many times enhance your protection against intrusion and virus..
- 5. Turn off your computer when you're not using it.** Or if you keep your email working when you leave your computer, make sure you have all security patches, anti virus software and a working firewall installed.
- 6. If you are a technical person, go into your computer's control panel and deactivate unnecessary services.** If you are not a technical person, get someone who is to help you do this -- you don't want to shut down services you might need.
- 7. Don't open unexpected attachments.** Even a joke from a friend could be the result of his infected computer reaching out to taint your machine. If you receive an attachment you're unsure about, call and check before opening it.
- 8. Don't use default passwords.** If you're utilizing a program that requires a password, use a unique password. And most important of all, always USE a password. It might be easy to get into windows if you leave your password empty and just press enter, but it makes breaking into your computer a piece of cake.
- 9. Turn off the "hide file extensions" feature** and beware of any file with a double extension. This is a big tip-off that the file contains something malicious, and that the creator is trying to conceal that fact. Everyone knows not to open an .exe file for fear of a malevolent program, but files tagged .vbs, .vbe, .shs, and .sbs are potential problems, too. Hackers also have dreamed up ways to cram viruses and worms into all kinds of formerly safe file types, including those ending with .doc, .bat, .txt, .pif, .lnk and .pdf. And if a Word, Excel or PowerPoint document contains macros, they could be used to hide malicious programming.

10. Be careful about where you go on the Internet. X-rated Internet sites, warez, serial and cracking sites plus many “high interest” sites are notorious breeding grounds for computer diseases. Remember that there are other nasty code things than viruses. Trojans, backdoors, worms, dialers, mal ware, spy ware and much more. Use programs like Ad Aware to clean out junk from your system.

11. Make friends early with an expert. Getting help when a virus hits is like trying to get the air conditioner repairman out to the house during a heat wave. The time to cultivate a relationship with a local computer professional is before a virus strikes so you will be on the priority list. Check with computer stores or get referrals from friends and business associates.

12. Stay informed. Visit virus-protection Web sites regularly and bookmark a couple you really like. Stay on top of what viruses are out there and how you can protect your computer in advance. Since many viruses exploit the design of certain types of software, check the manufacturers sites frequently for free downloads of fixes or "patches." The best way to fight a virus is not to catch it in the first place.

More information regarding the inner workings of virus, their background, protection and security can be found in Virus – The untold story (<http://www.computer-virus-information.com>)

Basic to do sheet for antivirus protection preparing.

Print this page and use it as a guide

| Task | Done |
|--|------|
| Make sure you have a working antivirus program installed | |
| Make sure it is updated with the latest antivirus definitions | |
| Plan and move in needed all data created by you (images, database files, word documents, excel files, sound files e.t.c) into My Documents. To allow easy access for backups. Avoid spreading them all over your computer hard disk. | |
| Do an inventory of software installed in your computer that you use, locate the original cd-roms or disks and store it all together along with an inventory list over the order you need to install them if something happens. | |
| Add to this any operating systems cd-roms needed plus any/all disks with hardware drivers (like graphic cards, sound cards, printers and so on). | |
| Make a backup of all data files. | |
| Create a schedule for checking your disk/disks for virus as well as making backups | |

About the writer

Kenth "The Designer" Nasstrom is a computer technician and networks specialist (CCNA) with over 20 years in the business. He runs several sites online as [The Designed Software Series](#), [Free Newsletter Templates](#) and [Zipey.com](#).

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