



Housekeeping and PC Health Check.

PC Health Check

If you do not feel confident to do the following checks then we can do it for you for a fixed charge.

Just contact us to arrange a session where we can show you how!

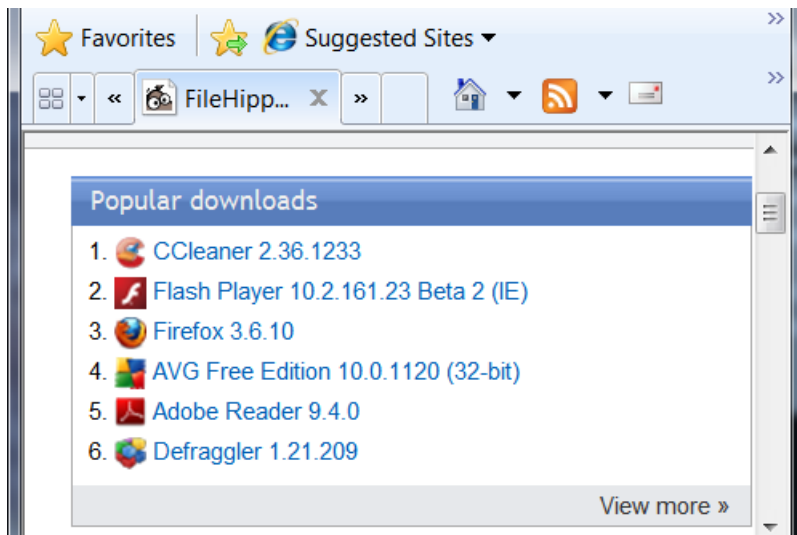
- Bring your Windows installation and other products up to date with all the latest security and software updates
- Check that your anti-virus software is still licensed, functioning and current
- Install industry leading free anti-virus software if expired
- Install Microsoft Defender to protect against Spyware
- Upgrade Internet Explorer to the latest faster version
- Install alternative web browsers to MS Internet Explorer if required
- Check the systems Virtual Memory and adjust when necessary to improve response
- Disable non-essential start-up software to increase start up time
- Remove unused and temporary files allows Windows to run faster.
- Install alternative defragmenting software and run on your hard disk
- Uninstall unnecessary software which may have expired like demos & trials
- Provide a report with any system recommendations or future considerations.
- Leave a report and provide assistant with on-going housekeeping

Housekeeping

Install the following housekeeping routines

- CCleaner
- Malware
- Defraggler

Download from www.filehippo.com as below



Then run in that order



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CCLEANER

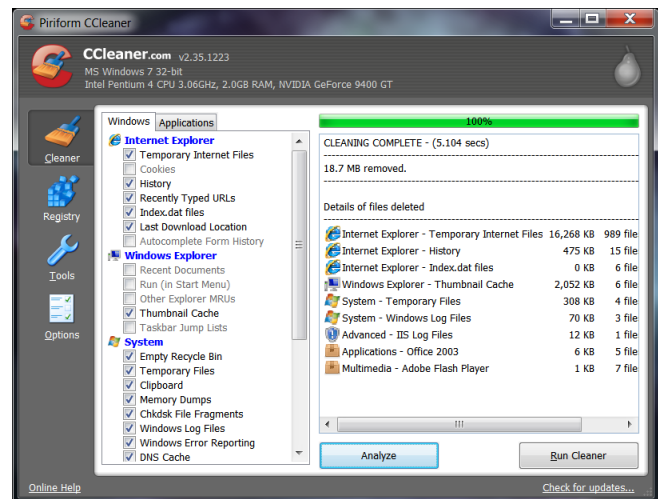
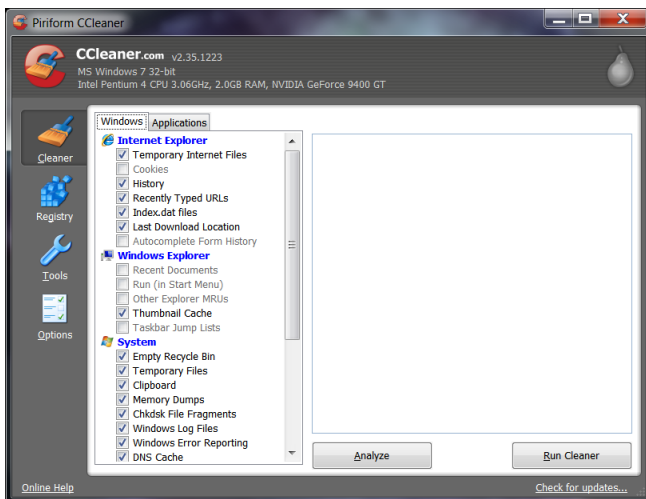
a freeware system optimisation and cleaning tool. It removes unused files from your system - allowing Windows to run faster and freeing up valuable hard disk space. It also cleans traces of your online activities such as your Internet history. Additionally it contains a fully featured registry cleaner. But the best part is that it's fast (normally taking less than a second to run)

Cleans work files from the following:

- Internet Explorer, Firefox, Google Chrome, Opera & Safari
- Windows - Recycle Bin, Recent Documents, Temporary files and Log files.
- Registry cleaner
- Third-party applications

After opening the CCLEANER program click on the Run Cleaner button.

After you get a results page like the one below close the program.





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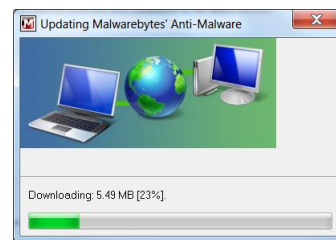
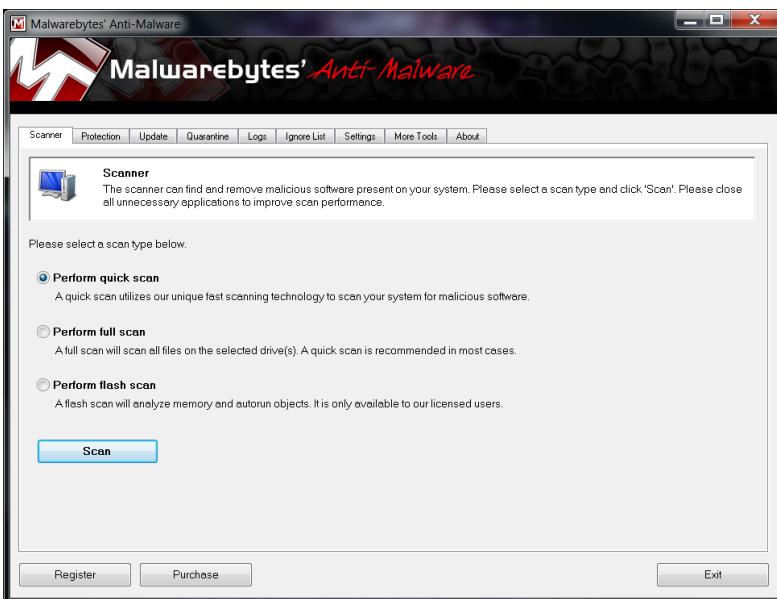
Malwarebytes' Anti-Malware scanner detects and removes malware that even the most well known anti-virus and anti-malware applications fail to detect. Malwarebytes' Anti-Malware monitors every process and stops malicious processes before they even start.

Key Features:

- Support for Windows 2000, XP, and Vista (32-bit only).
- Light speed quick scanning.
- Ability to perform full scans for all drives.
- Malwarebytes' Anti-Malware Protection Module. (requires registration)
- Database updates released daily.
- Quarantine to hold threats and restore them at your convenience.
- Ignore list for both the scanner and Protection Module.
- Settings to enhance your Malwarebytes' Anti-Malware performance.
- A small list of extra utilities to help remove malware manually.
- Works together with other anti-malware utilities.
- Command line support for quick scanning.
- Context menu integration to scan files on demand.

Run the Malware program

Click on the Update tab to download the latest virus definitions.



The select Perform Quick Scan and click on the Scan button.

Malwarebytes' Anti-Malware 1.46
www.malwarebytes.org

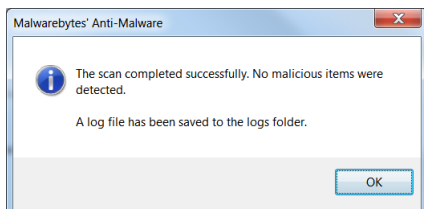
Database version: 4770

Windows 6.1.7600
 Internet Explorer 8.0.7600.16385

07/10/2010 17:43:23
 mbam-log-2010-10-07 (17-43-23).txt

Scan type: Quick scan
 Objects scanned: 143809
 Time elapsed: 13 minute(s), 36 second(s)

Memory Processes Infected: 0
 Memory Modules Infected: 0
 Registry Keys Infected: 0
 Registry Values Infected: 0
 Registry Data Items Infected: 0
 Folders Infected: 0
 Files Infected: 0





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Defraggler

not only allows you to defrag an entire drive but lets you specify one or more files, folders, or the whole drive to defragment.

- writes files using Windows techniques
- just as safe for your files as using Windows
- Drive map shows empty blocks, not fragmented, or requiring defragmentation
- Give your hard drive a quick touch-up with Quick Defrag
- Organizes empty disk space to further prevent fragmentation
- Set Defraggler to run daily, weekly or monthly or in the background

Run the DeFraggler program and click on yhr Analyze button. Then click on the DeFrag button.

Most of the Read squares will change to Blue and the number of fragmented files left will be displayed.

