

Keep Your Computer Healthy

Rooting out the Rubbish

Run [Ccleaner](#), [SpyBot Search & Destroy](#), and [MalwareBytes.org](#) in Safe Mode for best operation.

Run an online virus scan

<http://www.bitdefender.com/solutions/>

Click on "Free online virus scanner." in left hand column.

<http://housecall.trendmicro.com/>

<http://www.pandasoftware.com/products/activescan.htm>

Check for programs running in the background

In Windows XP

Start → Run → Type **MScconfig → OK → Startup Tab**

In Vista or Windows7

Click on the Start Orb → Type **MScconfig → Enter → Startup Tab**

The hardest part of running **MScconfig** is knowing what processes are safe to run as opposed to which ones are malware. Here's some resources that you may want to use to help you sort out the good guys from the bad guys:

[Startup Applications List](#) - helps you determine whether a program needs to be run or not at startup. Place the name of the application in the search box.

[AnswersThatWork.com](#) - their renowned Task List is a wonderful resource.

The following two programs are for advanced users only. If you are not comfortable running complicated diagnostic programs do not try to use them.

[Autoruns](#) - provides a comprehensive list of auto-starting locations. It shows you what programs are configured to run during system bootup.

[HiJackThis](#) - examines vulnerable or suspect parts of your system, such as browser helper objects and certain types of Registry keys.

Antivirus Software

[Microsoft Security Essentials](#) – Microsoft’s thorough and efficient anti-virus program (It cannot be installed or run in Safe Mode.)

PC Inventory Tool

Belarc Advisor Personal PC Audit

(http://www.belarc.com/free_download.html) builds a detailed profile of your installed software and hardware.