

## I have a Choice

I can spend the day in bed  
Recounting the difficulties I have  
With all the parts of my body  
that no longer work.

Or get out of bed and be thankful  
for the ones that do.

Each day is a gift.

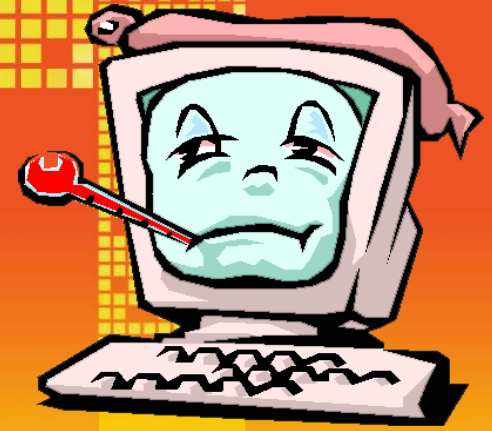
And as long as my eyes are open,  
I'll focus on the new day

And all the happy memories  
I've stored away

Just for this time in my life

# COMPUTER HEALTHCARE VII

Palm Creek RV and Golf Resort  
December 23, 2015



**“If you don’t have time  
to do it right the first time,  
When will you have time  
to fix your mistakes?”**

*Garth  
Vanstone*



# COMPUTER HEALTHCARE

- **Hard Drive Clean-Up**
- **Hard Drive Defragging**
- **Restore Points**
- **Temporary Internet Files and Cookies**
- **Virus Protection**
- **Questions & Answers**

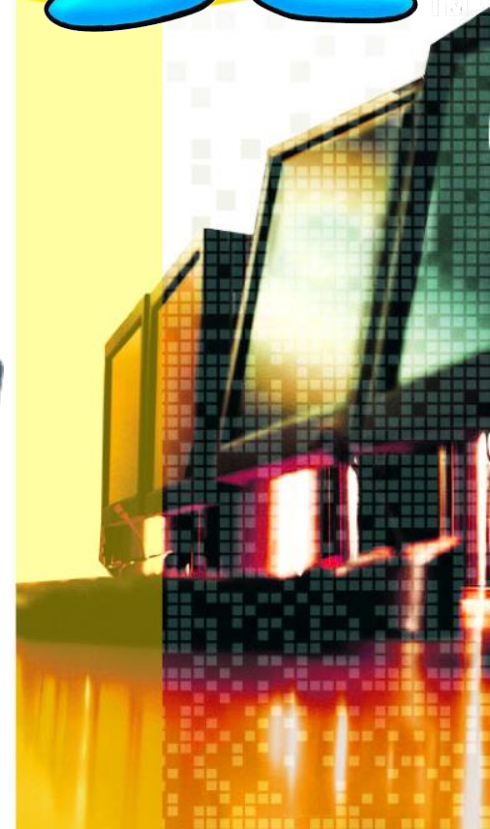
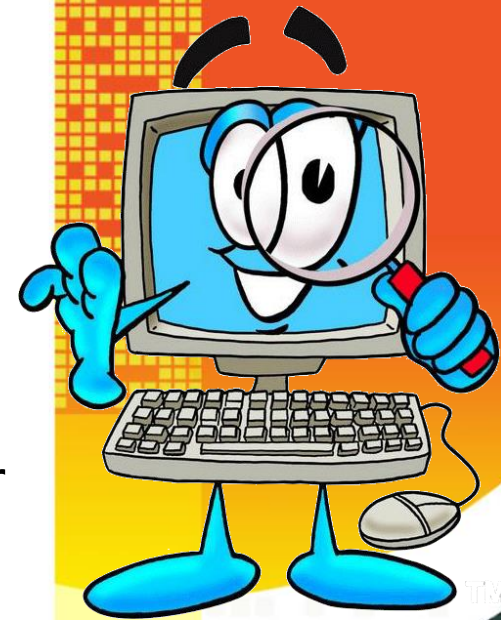


# How do I "Clean Up" my Hard Drive?

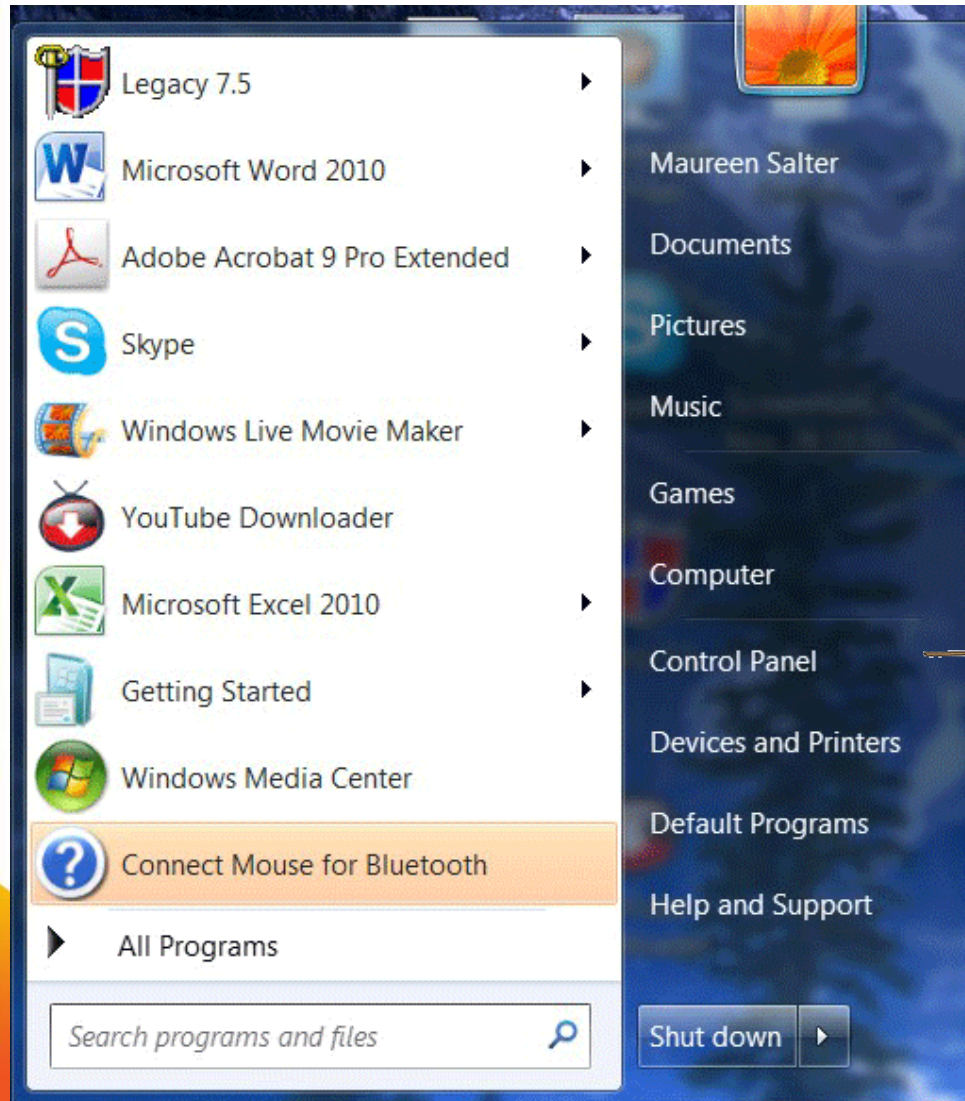


# Disk Cleanup

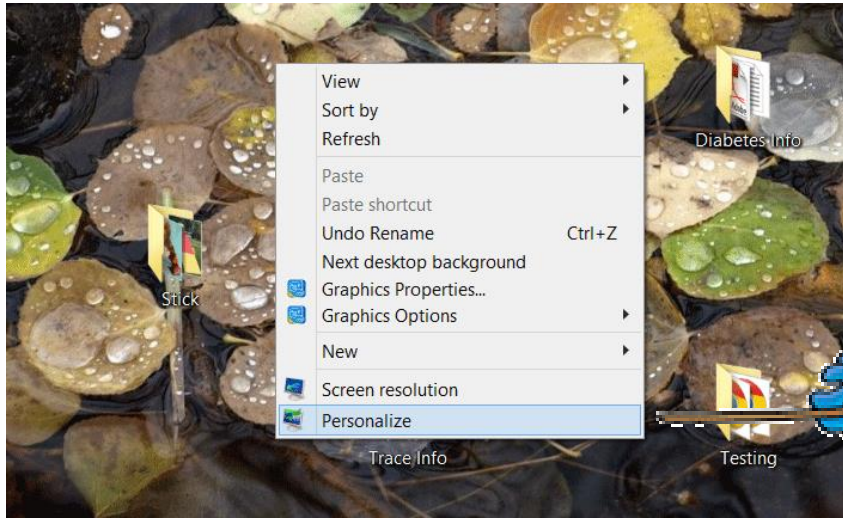
- If you want to reduce the number of unnecessary files on your hard drive to free up disk space and help your computer run faster, use Disk Cleanup.
- It removes temporary files, empties the Recycle Bin, and removes a variety of system files and other items that you no longer need.



# Disk Cleanup Options Windows 7



# Disk Cleanup Options Windows 8



# Disk Cleanup Options **Windows 8**

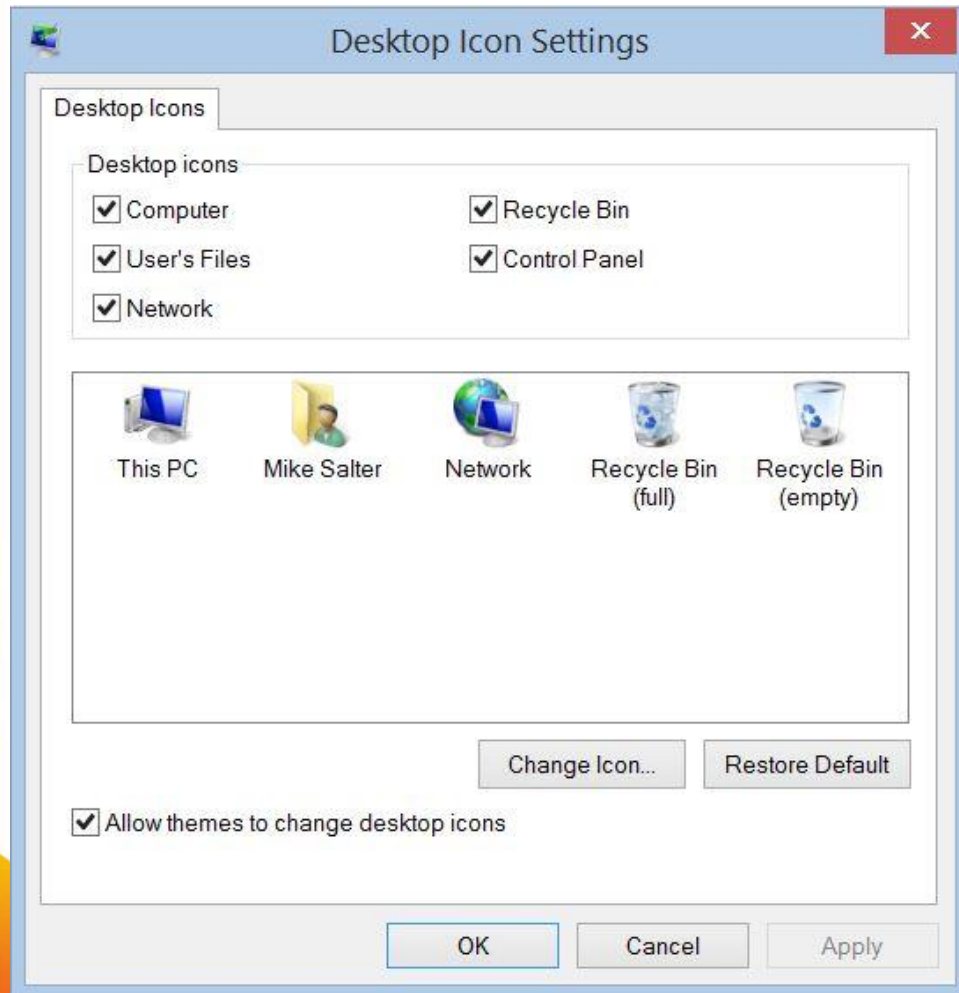


The screenshot shows the Windows 8 Personalization Control Panel window. The title bar reads "Control Panel > Appearance and Personalization > Personalization". The menu bar includes "File", "Edit", "View", "Tools", and "Help". On the left, there are links for "Control Panel Home", "Change desktop icons", and "Change mouse pointers". The main content area is titled "Change the visuals and sounds on your computer" and includes the instruction "Click a theme to change the desktop background, color, sounds, and screen saver." There are three sections of themes: "My Themes (7)" with "Unsaved Theme", "Canada", and "Color"; "Windows Default Themes (3)" with "Windows" and "Lines and colors"; and "Installed Themes (1)" with "Desktop Background" and "Slide Show". At the bottom, there is a "See also" section with links to "Display", "Taskbar and Navigation", and "Ease of Access Center". The taskbar at the bottom shows icons for Windows, File Explorer, Internet Explorer, PowerPoint, Word, Excel, and Photoshop, with "Excel 2013" currently selected.



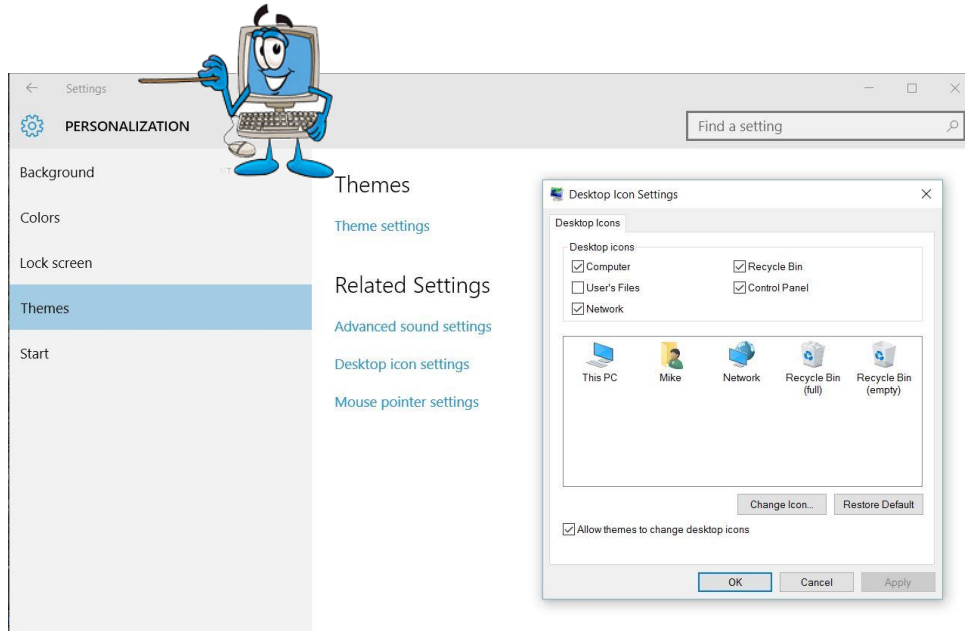


# Disk Cleanup Options Windows 8



# Disk Cleanup Options

# Windows 10



# Disk Cleanup Options – cont'd

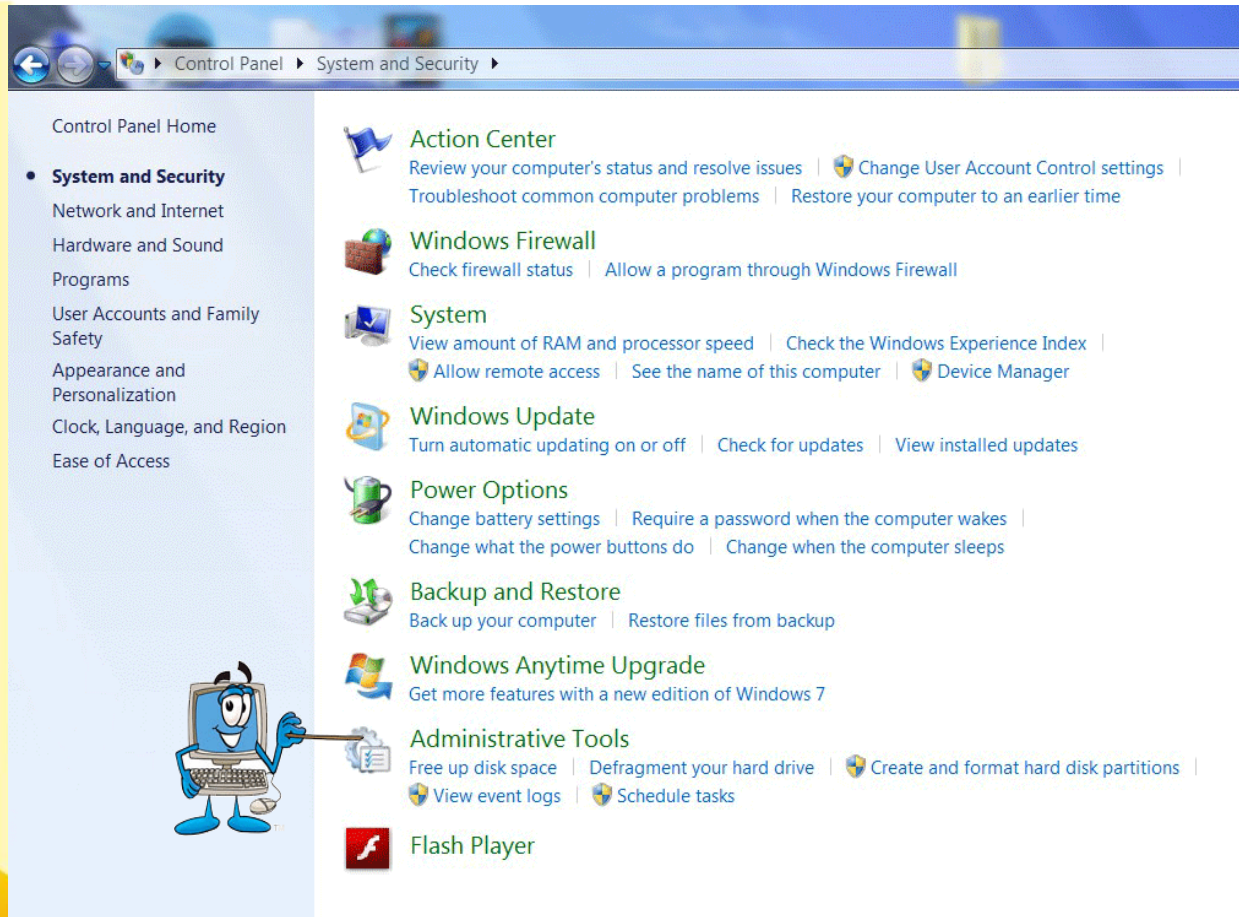


The screenshot shows the Windows Control Panel interface. At the top, there is a navigation bar with a 'Control Panel' breadcrumb. Below this, the main heading is 'Adjust your computer's settings' with a 'View by: Category' dropdown menu. On the left, a cartoon character representing Windows is holding a small globe. The main content area is organized into two columns of settings categories, each with an icon and a list of sub-options.

**Adjust your computer's settings** View by: Category ▾

-  **System and Security**
  - Review your computer's status
  - Back up your computer
  - Find and fix problems
-  **Network and Internet**
  - View network status and tasks
  - Choose homegroup and sharing options
-  **Hardware and Sound**
  - View devices and printers
  - Add a device
  - Connect to a projector
  - Adjust commonly used mobility settings
-  **Programs**
  - Uninstall a program
-  **User Accounts and Family Safety**
  - Add or remove user accounts
  - Set up parental controls for any user
-  **Appearance and Personalization**
  - Change the theme
  - Change desktop background
  - Adjust screen resolution
-  **Clock, Language, and Region**
  - Change keyboards or other input methods
-  **Ease of Access**
  - Let Windows suggest settings
  - Optimize visual display

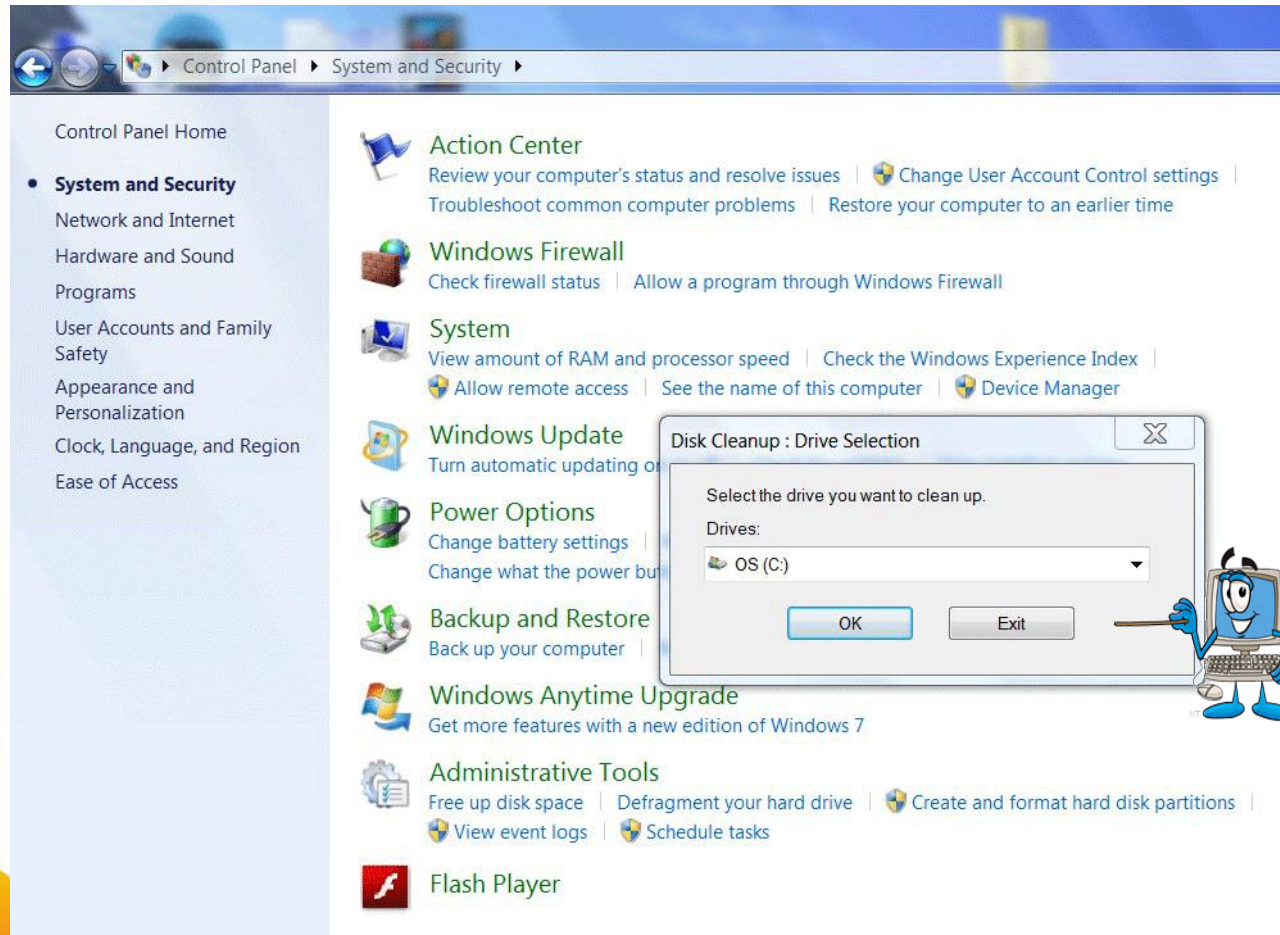
# Disk Cleanup Options – cont'd



The image shows a screenshot of the Windows 7 Control Panel, specifically the 'System and Security' section. The browser address bar at the top shows the path: Control Panel > System and Security >. On the left side, there is a navigation menu with the following items: Control Panel Home, System and Security (highlighted with a blue dot), Network and Internet, Hardware and Sound, Programs, User Accounts and Family Safety, Appearance and Personalization, Clock, Language, and Region, and Ease of Access. At the bottom of this menu is a cartoon character of a computer monitor with a face, arms, and legs, pointing towards the 'Administrative Tools' section. The main content area on the right lists several system management options, each with an icon and a list of links:

- Action Center**
  - Review your computer's status and resolve issues | Change User Account Control settings | Troubleshoot common computer problems | Restore your computer to an earlier time
- Windows Firewall**
  - Check firewall status | Allow a program through Windows Firewall
- System**
  - View amount of RAM and processor speed | Check the Windows Experience Index | Allow remote access | See the name of this computer | Device Manager
- Windows Update**
  - Turn automatic updating on or off | Check for updates | View installed updates
- Power Options**
  - Change battery settings | Require a password when the computer wakes | Change what the power buttons do | Change when the computer sleeps
- Backup and Restore**
  - Back up your computer | Restore files from backup
- Windows Anytime Upgrade**
  - Get more features with a new edition of Windows 7
- Administrative Tools**
  - Free up disk space | Defragment your hard drive | Create and format hard disk partitions | View event logs | Schedule tasks
- Flash Player**

# Disk Cleanup Options – cont'd



The image shows a screenshot of the Windows Control Panel, specifically the 'System and Security' section. The left sidebar lists various system settings, with 'System and Security' selected. The main content area displays several system tools and their status, including Action Center, Windows Firewall, System, Windows Update, Power Options, Backup and Restore, Windows Anytime Upgrade, Administrative Tools, and Flash Player. A 'Disk Cleanup : Drive Selection' dialog box is overlaid on the screen, prompting the user to select a drive for cleanup. The 'Drives:' list shows 'OS (C:)' as the selected drive. The dialog box has 'OK' and 'Exit' buttons. A cartoon character of a computer monitor with a face and arms is pointing at the 'OK' button. The background of the slide features a stylized, colorful graphic of a cityscape or abstract buildings.

Control Panel Home

- **System and Security**
  - Network and Internet
  - Hardware and Sound
  - Programs
  - User Accounts and Family Safety
  - Appearance and Personalization
  - Clock, Language, and Region
  - Ease of Access

**Action Center**  
Review your computer's status and resolve issues | Change User Account Control settings | Troubleshoot common computer problems | Restore your computer to an earlier time

**Windows Firewall**  
Check firewall status | Allow a program through Windows Firewall

**System**  
View amount of RAM and processor speed | Check the Windows Experience Index | Allow remote access | See the name of this computer | Device Manager

**Windows Update**  
Turn automatic updating on or off

**Power Options**  
Change battery settings | Change what the power buttons do

**Backup and Restore**  
Back up your computer

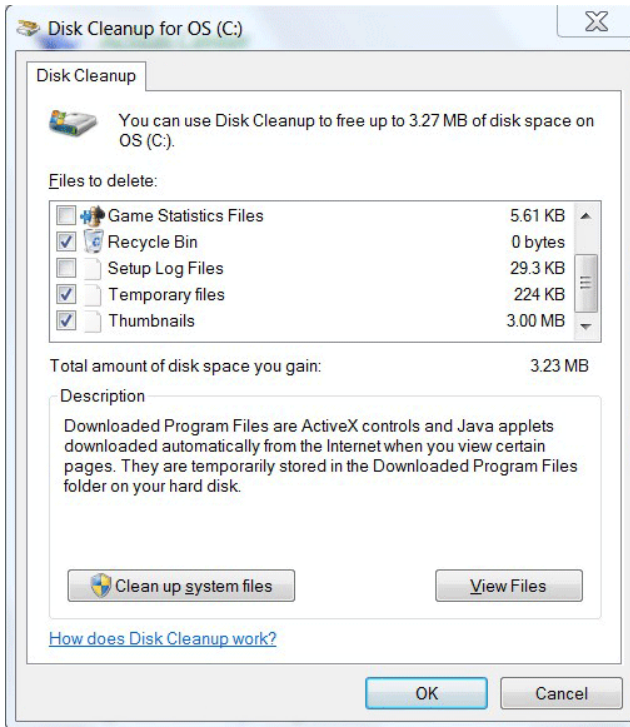
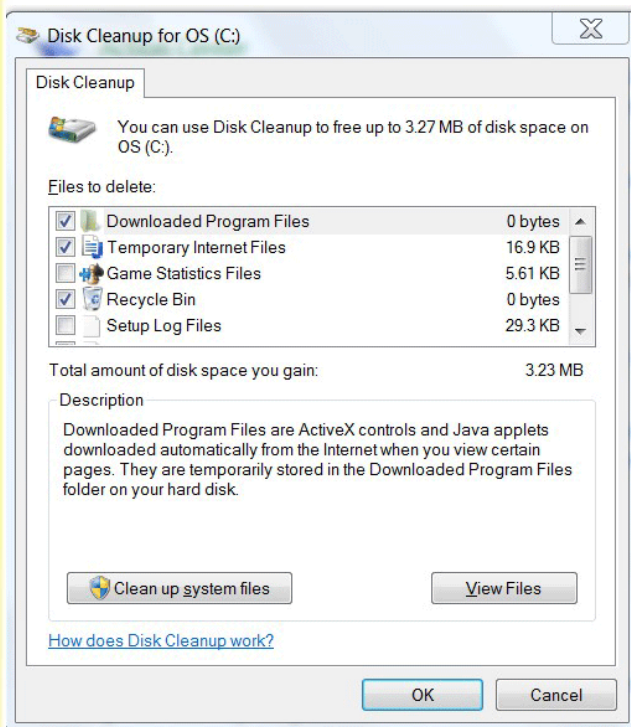
**Windows Anytime Upgrade**  
Get more features with a new edition of Windows 7

**Administrative Tools**  
Free up disk space | Defragment your hard drive | Create and format hard disk partitions | View event logs | Schedule tasks

**Flash Player**

**Disk Cleanup : Drive Selection**  
Select the drive you want to clean up.  
Drives:  
OS (C:)  
OK Exit

# Disk Cleanup Options – cont'd



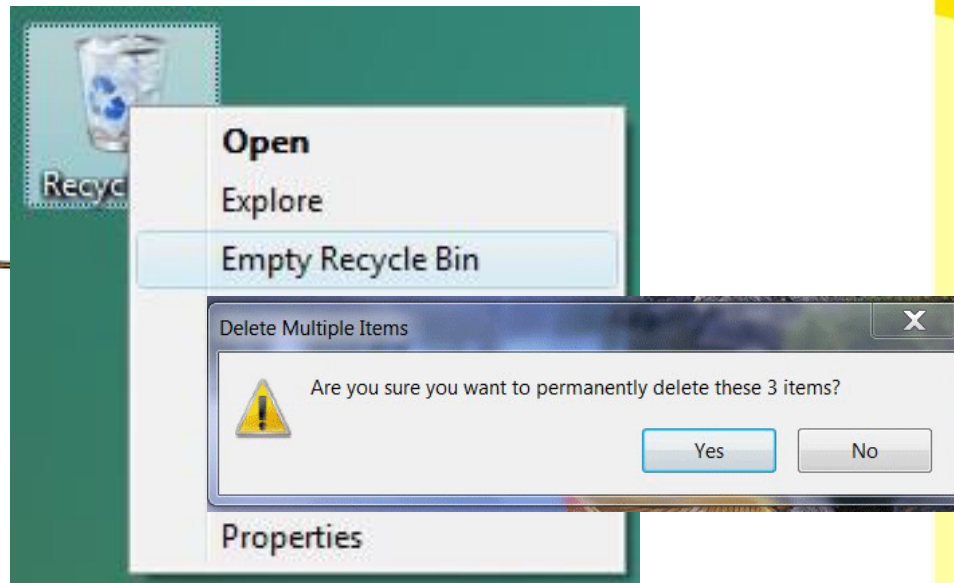
# Disk Cleanup Options – Recycle Bin

- When using the Recycle Bin
  - Don't choose "Delete"
  - Do choose "Empty Recycle Bin"



# Disk Cleanup Options – Recycle Bin – cont'd

- When using the Recycle Bin
  - Don't choose "Delete"
  - Do choose "Empty Recycle Bin"



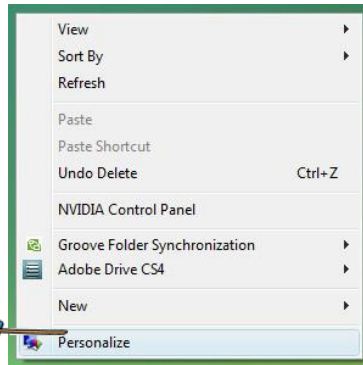


# Recycle Bin cont'd

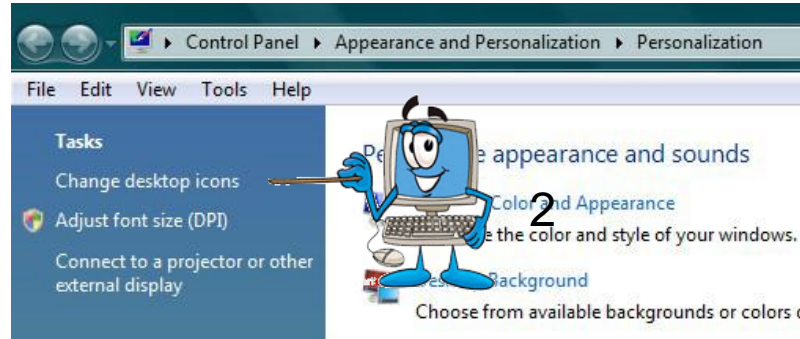
- I chose DELETE!!!!
- **To Fix**
  - **Right click on a blank space in the desktop**



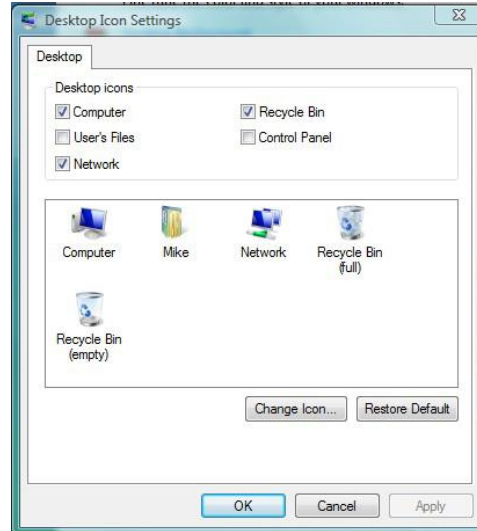
1



3



2

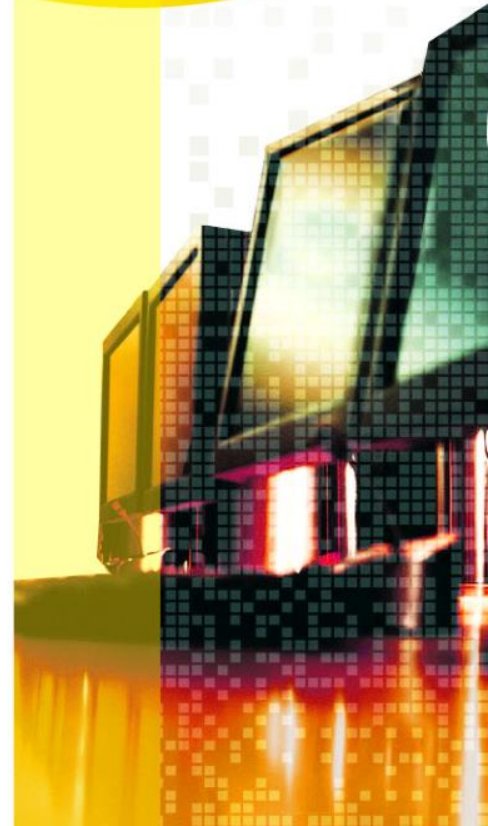


# Hard Drive Defragment



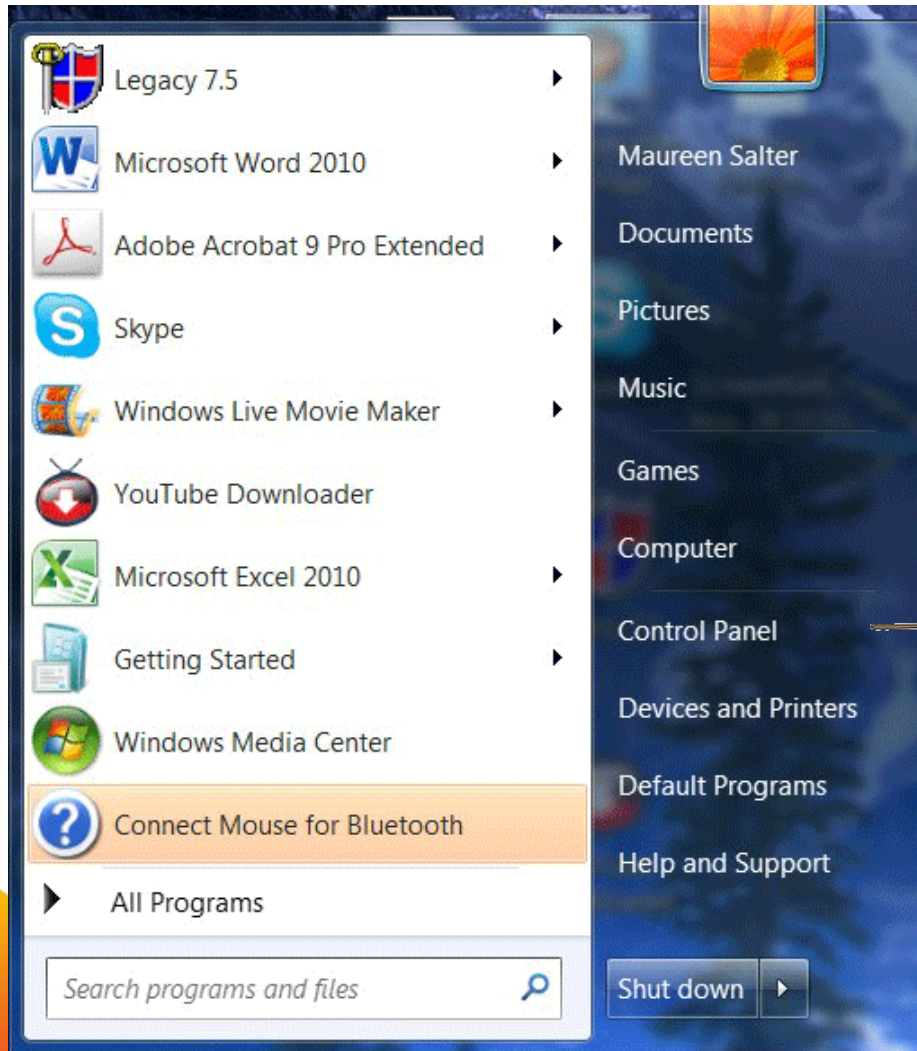
# What is Disk Defragmentation?

- Disk defragmentation describes the process of consolidating fragmented files on your computer's hard disk.
- Fragmentation happens to a hard disk over time as you save, change, or delete files. The changes that you save to a file are often stored at a location on the hard disk that's different from the original file. Additional changes are saved to even more locations. Over time, both the file and the hard disk itself become fragmented, and your computer slows down as it has to look in many different places to open a file.



# Disk Defragment

# Windows 7



# Disk Defragment

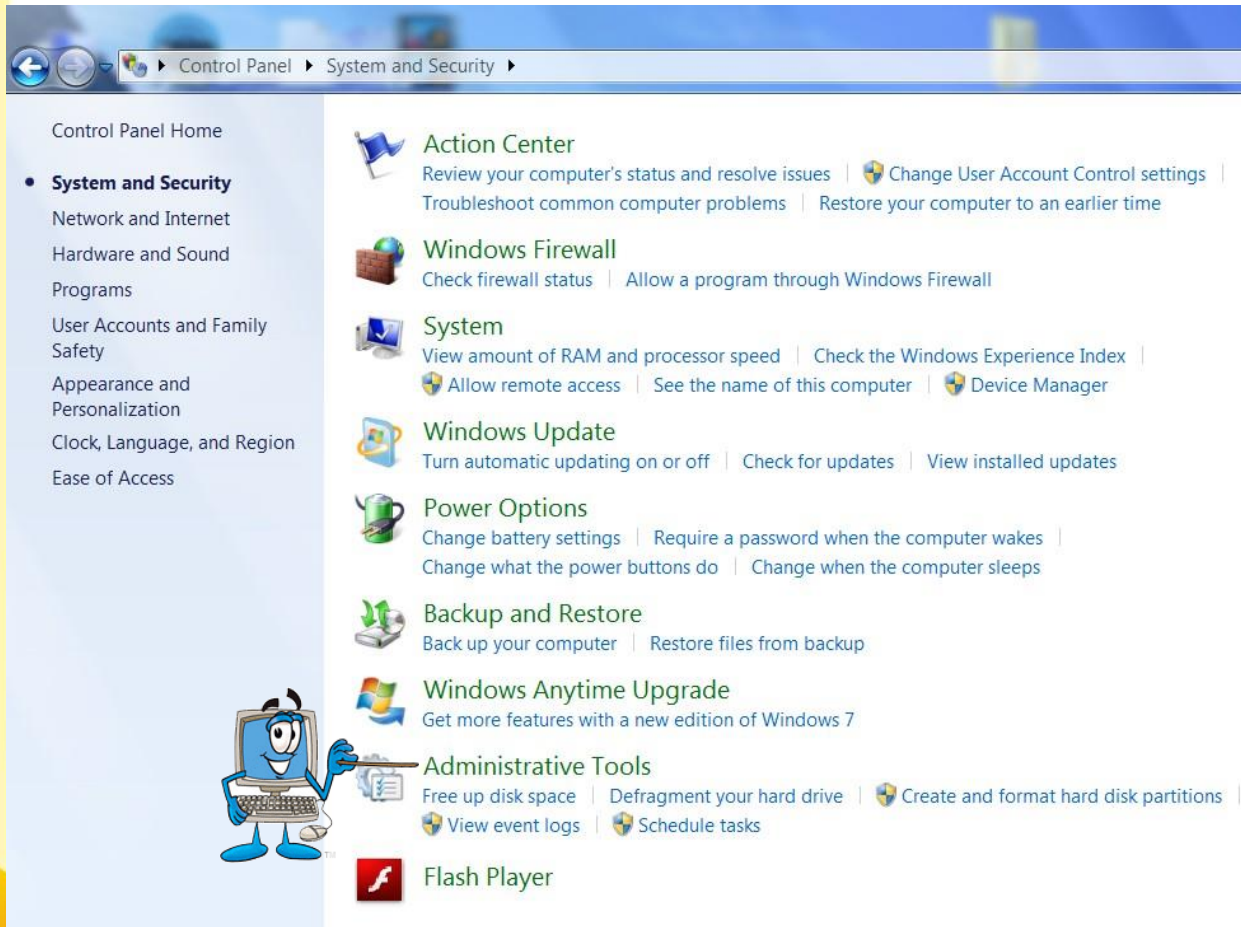
# Windows 8 & 10



# Disk Defragment – cont'd



# Disk Defragment – cont'd



The image shows a screenshot of the Windows 7 Control Panel, specifically the 'System and Security' section. The browser address bar shows the path: Control Panel > System and Security. On the left, a navigation pane lists various system settings, with 'System and Security' selected. The main content area displays several system management tools, each with an icon and a list of actions. A cartoon character of a computer monitor is visible in the bottom left of the screenshot.

Control Panel Home

- **System and Security**
  - Network and Internet
  - Hardware and Sound
  - Programs
  - User Accounts and Family Safety
  - Appearance and Personalization
  - Clock, Language, and Region
  - Ease of Access

**Action Center**  
Review your computer's status and resolve issues | Change User Account Control settings | Troubleshoot common computer problems | Restore your computer to an earlier time

**Windows Firewall**  
Check firewall status | Allow a program through Windows Firewall

**System**  
View amount of RAM and processor speed | Check the Windows Experience Index | Allow remote access | See the name of this computer | Device Manager

**Windows Update**  
Turn automatic updating on or off | Check for updates | View installed updates

**Power Options**  
Change battery settings | Require a password when the computer wakes | Change what the power buttons do | Change when the computer sleeps

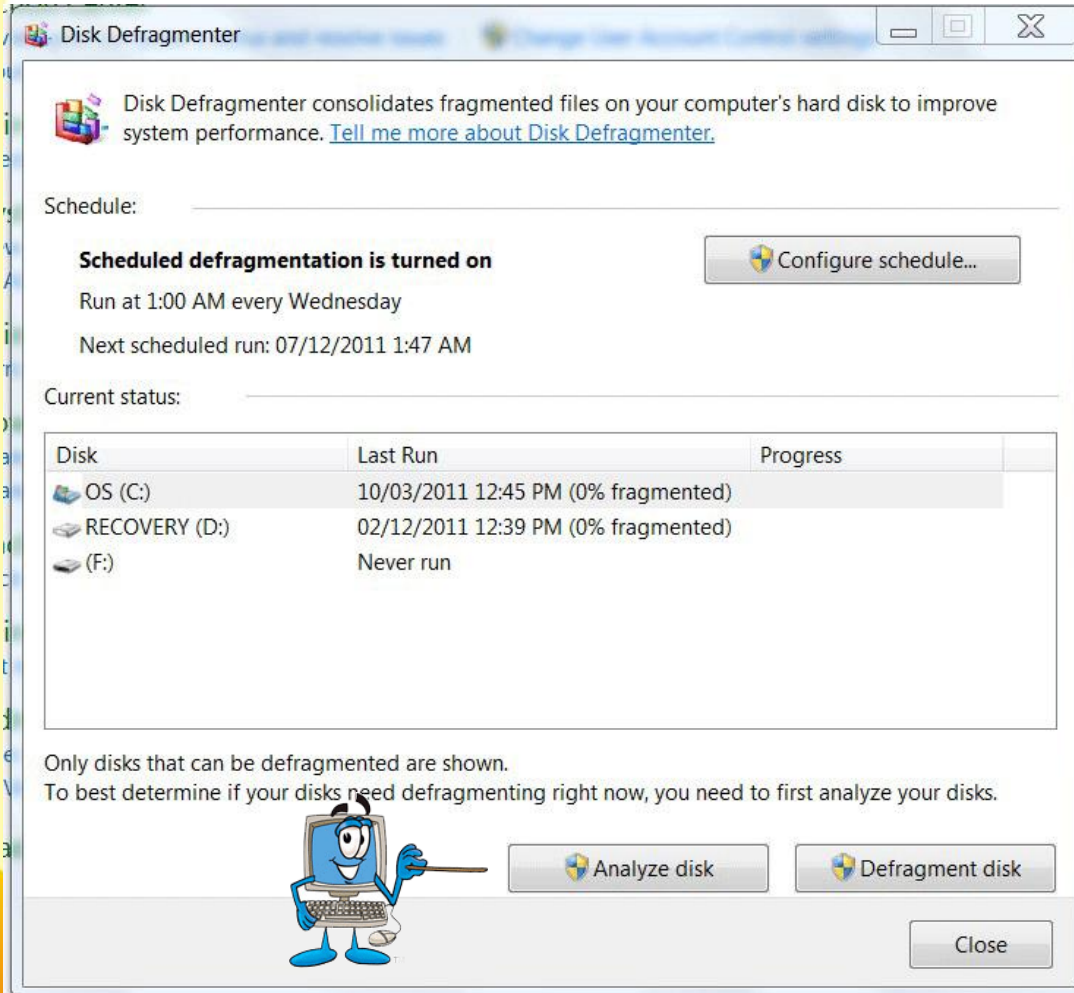
**Backup and Restore**  
Back up your computer | Restore files from backup

**Windows Anytime Upgrade**  
Get more features with a new edition of Windows 7

**Administrative Tools**  
Free up disk space | Defragment your hard drive | Create and format hard disk partitions | View event logs | Schedule tasks

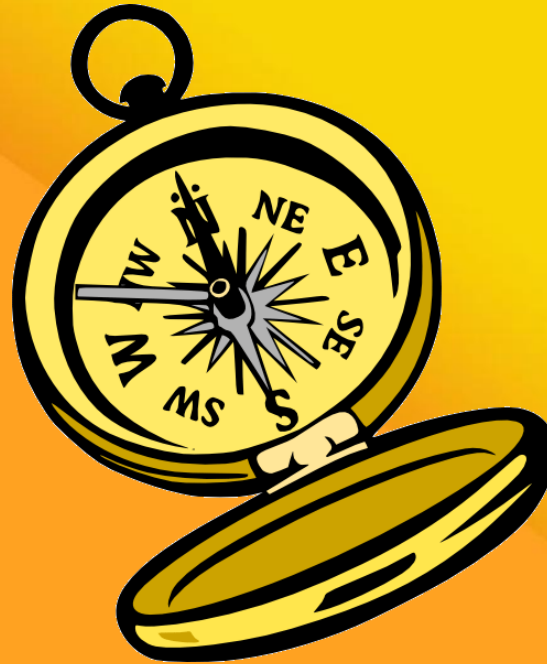
**Flash Player**

# Disk Defragment – cont'd





# System Restore & Restore Points



# What is System Restore?

- System Restore helps you restore your computer's system files to an earlier point in time. It's a way to undo system changes to your computer without affecting your personal files, such as e-mail, documents, or photos.
- Sometimes, the installation of a program or a driver can cause an unexpected change to your computer or cause Windows to behave unpredictably. Usually, uninstalling the program or driver corrects the problem. If uninstalling does not fix the problem, you can try restoring your computer's system to an earlier date when everything worked correctly.



# What is System Restore? – Cont'd

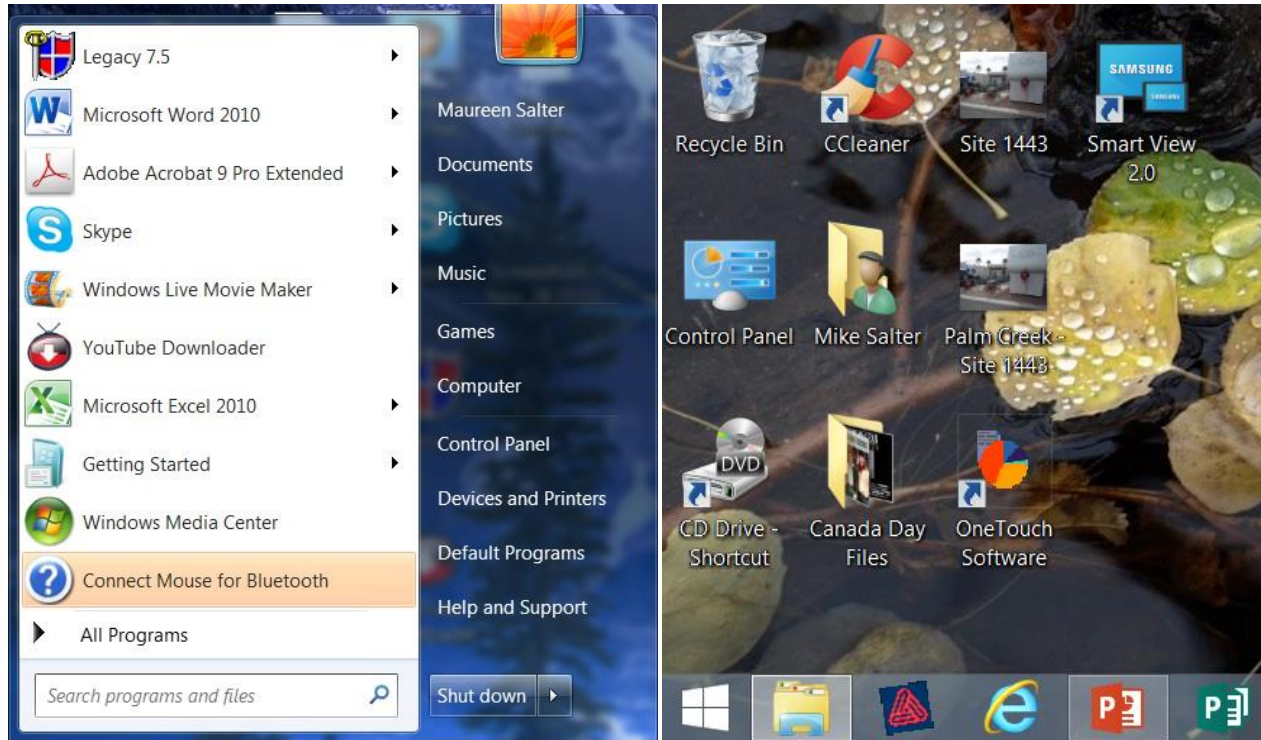
- System Restore uses a feature called System Protection to regularly create and save restore points on your computer. These restore points contain information about registry settings and other system information that Windows uses. You can also create restore points manually.
- System Restore is **not intended** for backing up personal files, so it cannot help you recover a personal file that has been deleted or damaged. You should regularly back up your personal files and important data using a backup program.



# System Restore – Step 1



## Windows 7

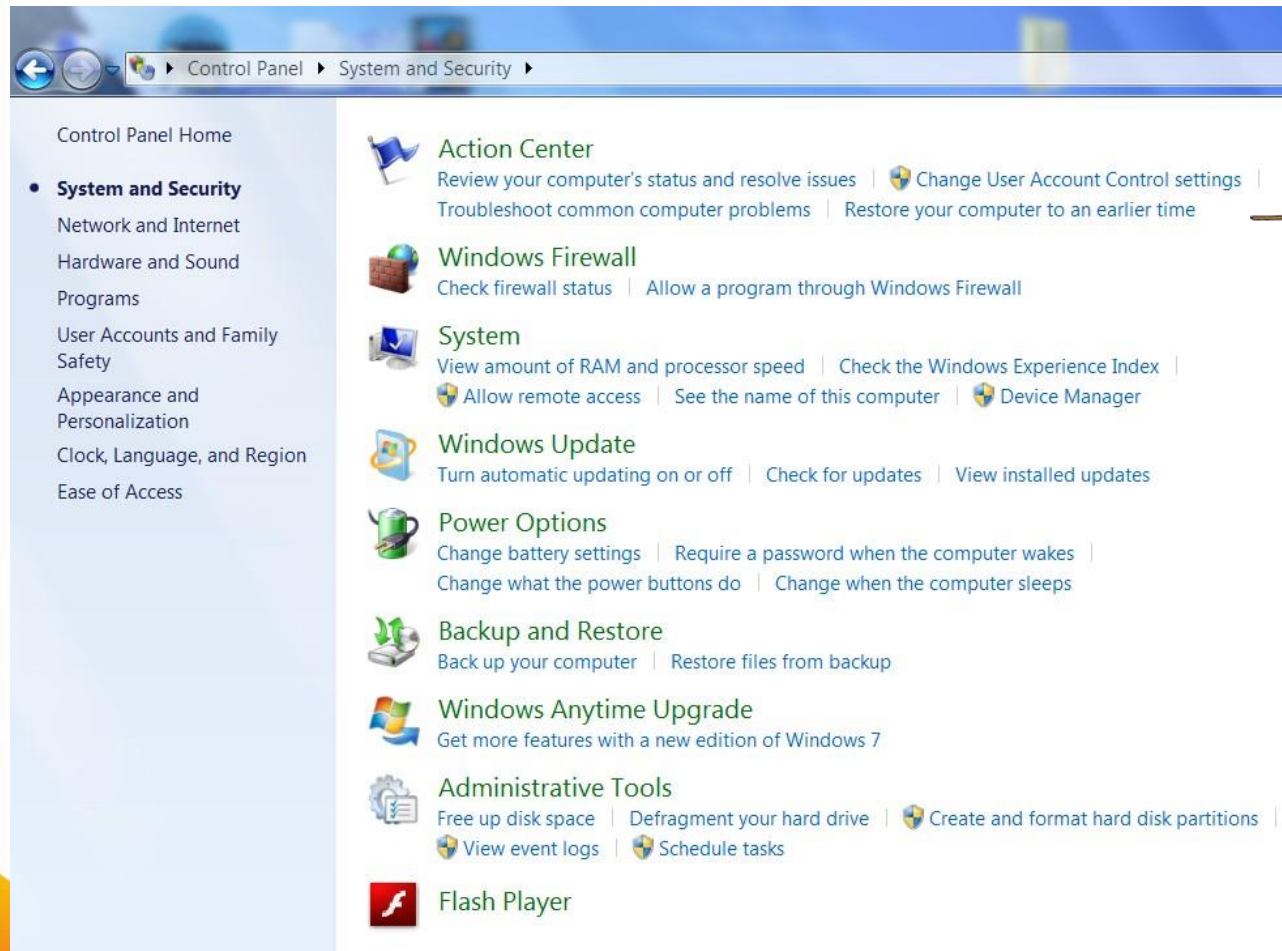


## Windows 8

# System Restore – cont'd



# System Restore – cont'd

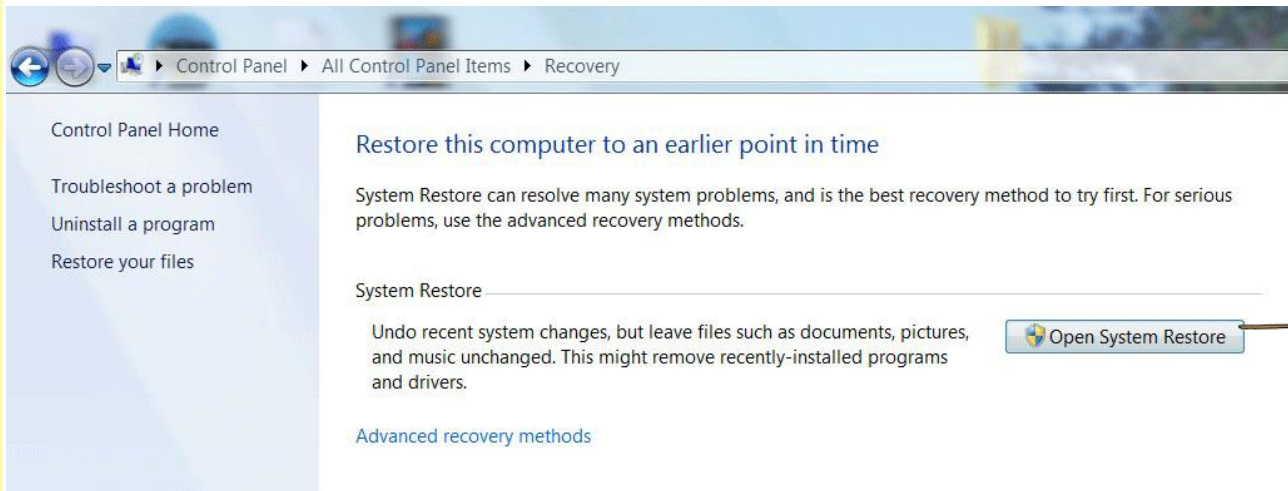


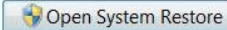
The screenshot shows the Windows Control Panel window with the address bar displaying "Control Panel > System and Security". The left sidebar lists various system categories, with "System and Security" selected. The main content area displays several system tools and their links:

- Action Center**
  - Review your computer's status and resolve issues
  - Change User Account Control settings
  - Troubleshoot common computer problems
  - Restore your computer to an earlier time
- Windows Firewall**
  - Check firewall status
  - Allow a program through Windows Firewall
- System**
  - View amount of RAM and processor speed
  - Check the Windows Experience Index
  - Allow remote access
  - See the name of this computer
  - Device Manager
- Windows Update**
  - Turn automatic updating on or off
  - Check for updates
  - View installed updates
- Power Options**
  - Change battery settings
  - Require a password when the computer wakes
  - Change what the power buttons do
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- Backup and Restore**
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  - Restore files from backup
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  - Free up disk space
  - Defragment your hard drive
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  - Schedule tasks
- Flash Player**



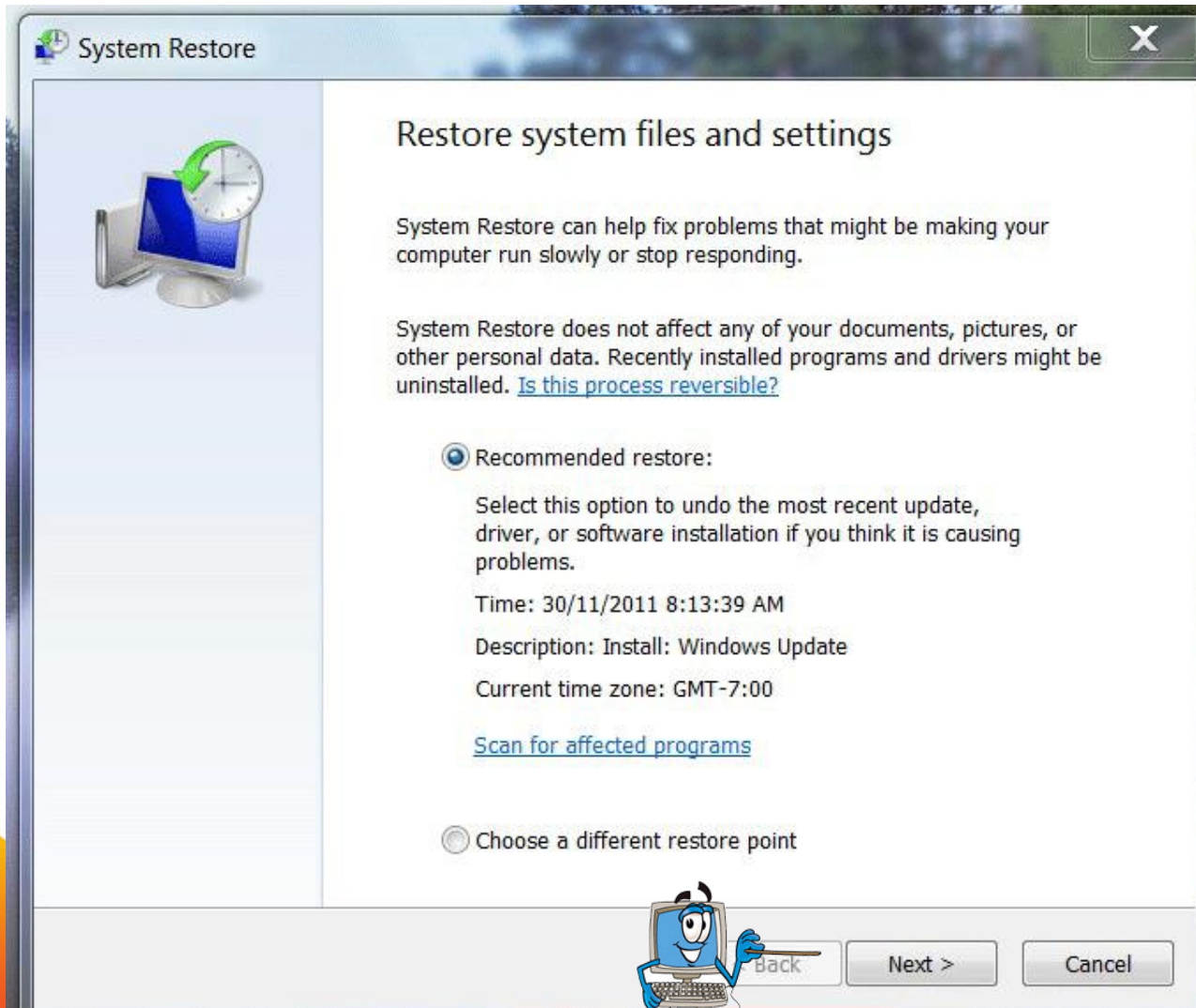
# System Restore – Step 1



 Open System Restore

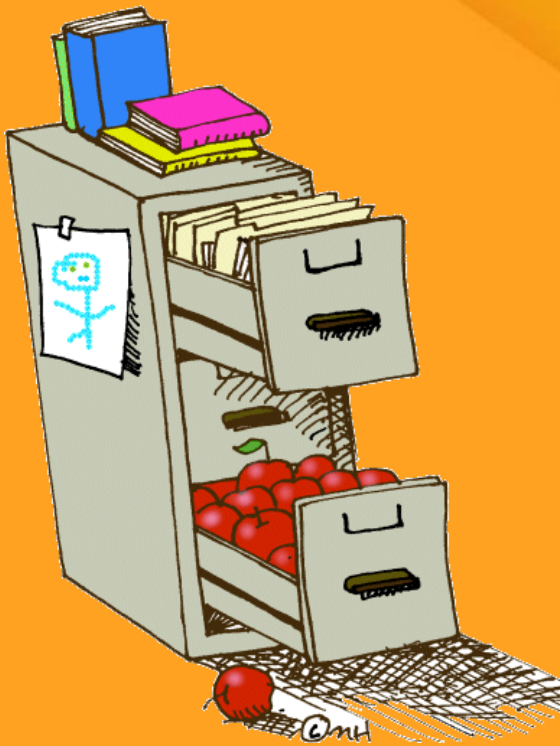


# System Restore – Step 2





# Temporary Files & Cookies



# What is a Cookie?

- A small text file that websites put on your computer to store information about you and your preferences.
- Websites use cookies to offer a personalized experience to users and to gather information about website use.
- Many websites also use cookies to store information that provides a consistent experience between sections of the site, such as a shopping cart or customized pages.

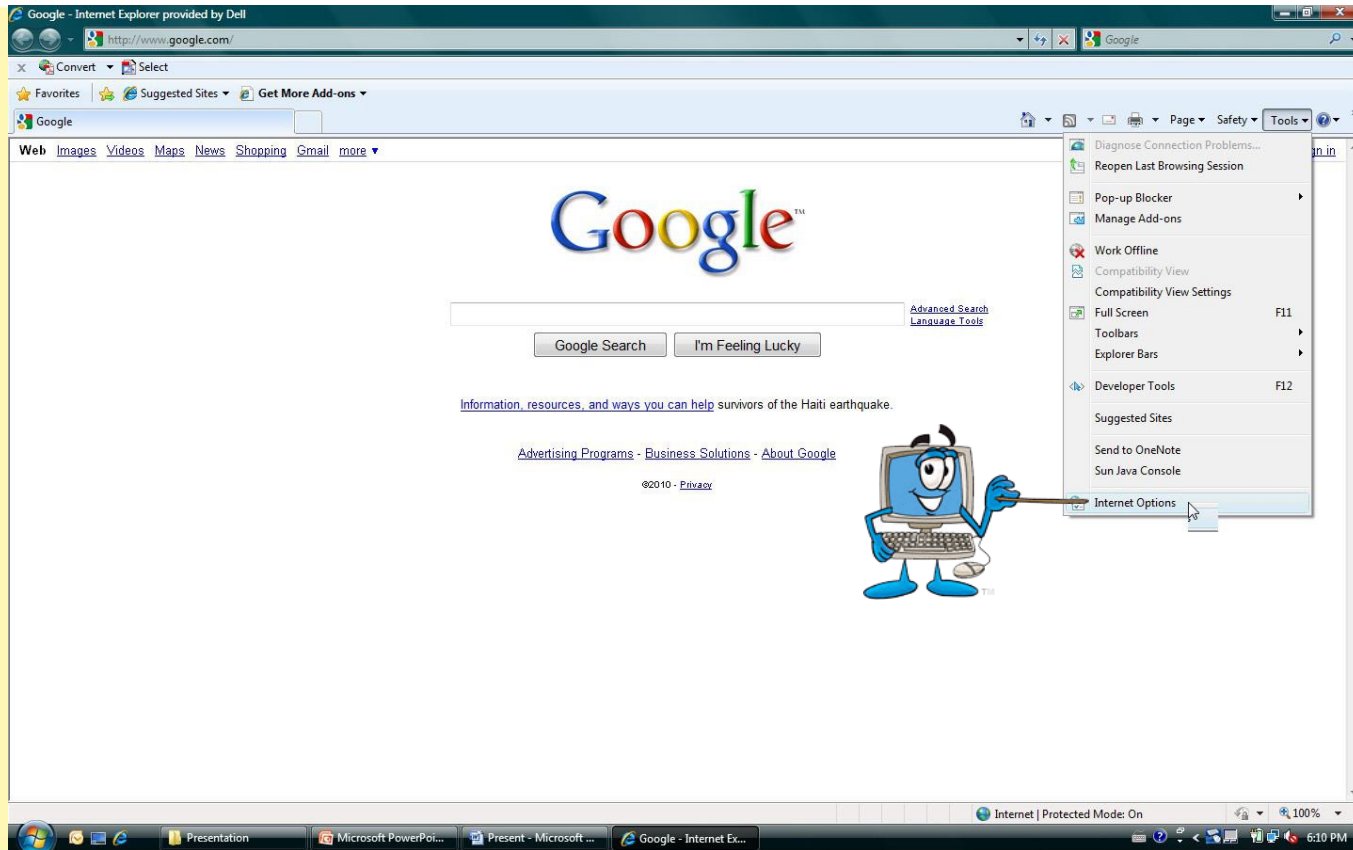


# What is a Cookie? – cont'd

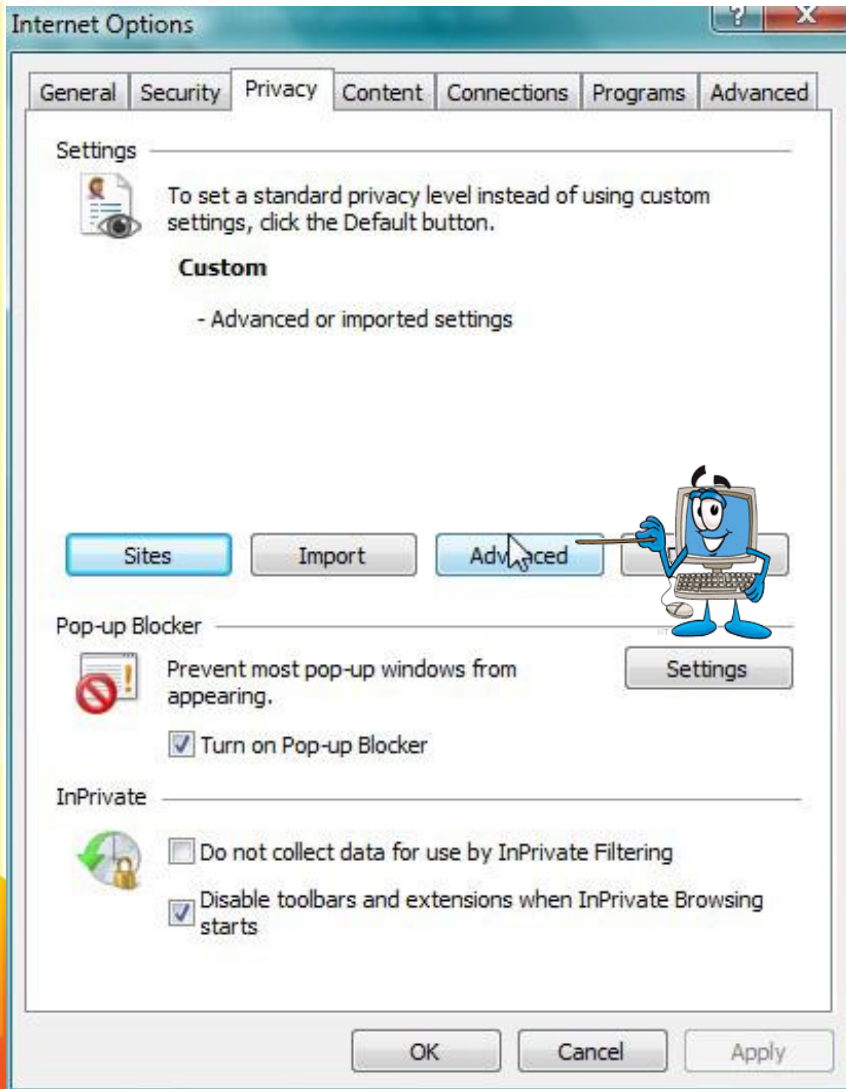
- With a trusted website, cookies can enrich your experience by allowing the site to learn your preferences or allowing you to skip having to sign in every time you go to the website.
- Some cookies, such as those saved by banner ads, might put your privacy at risk by tracking sites you visit.



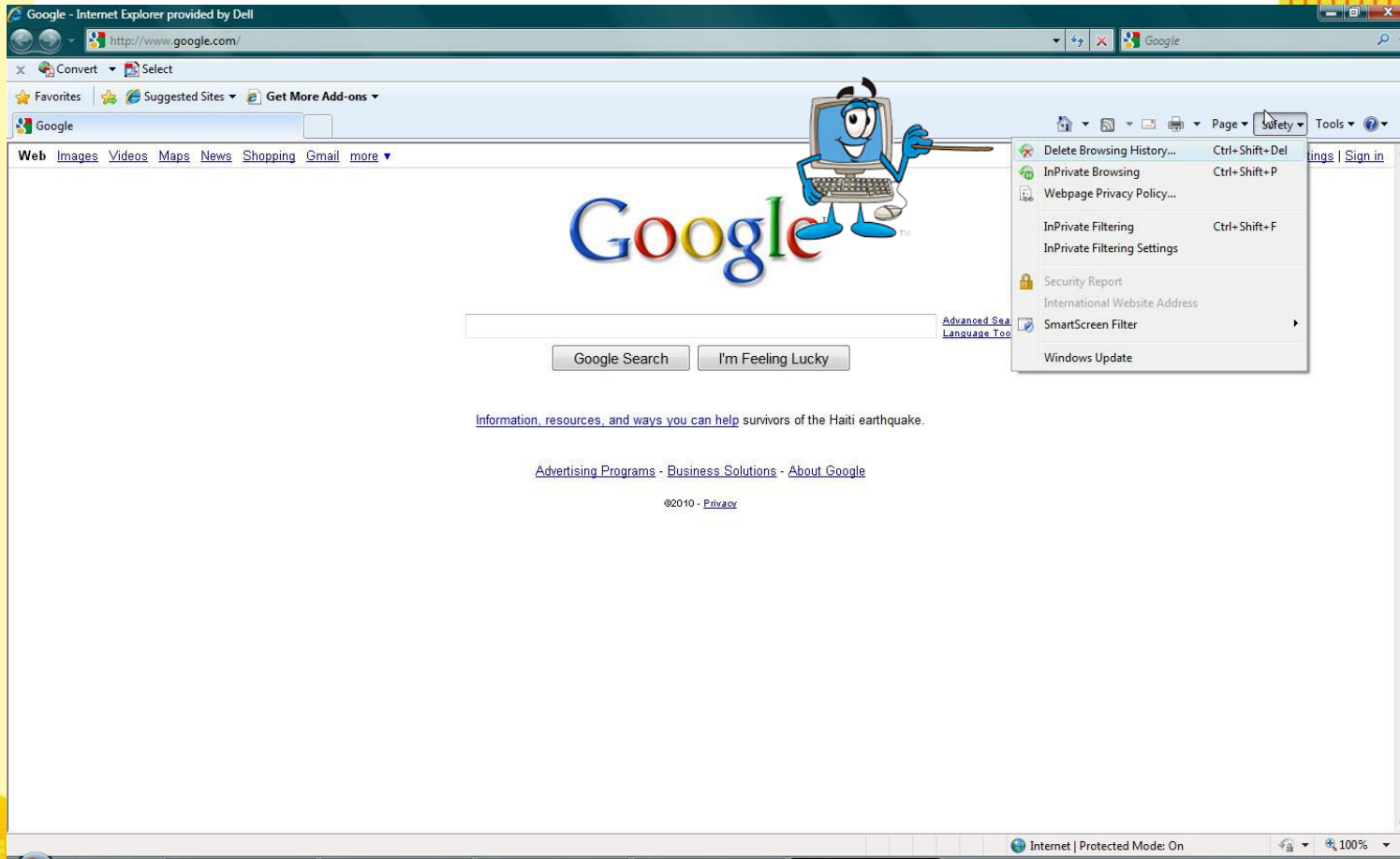
# Explorer - Internet Cookies



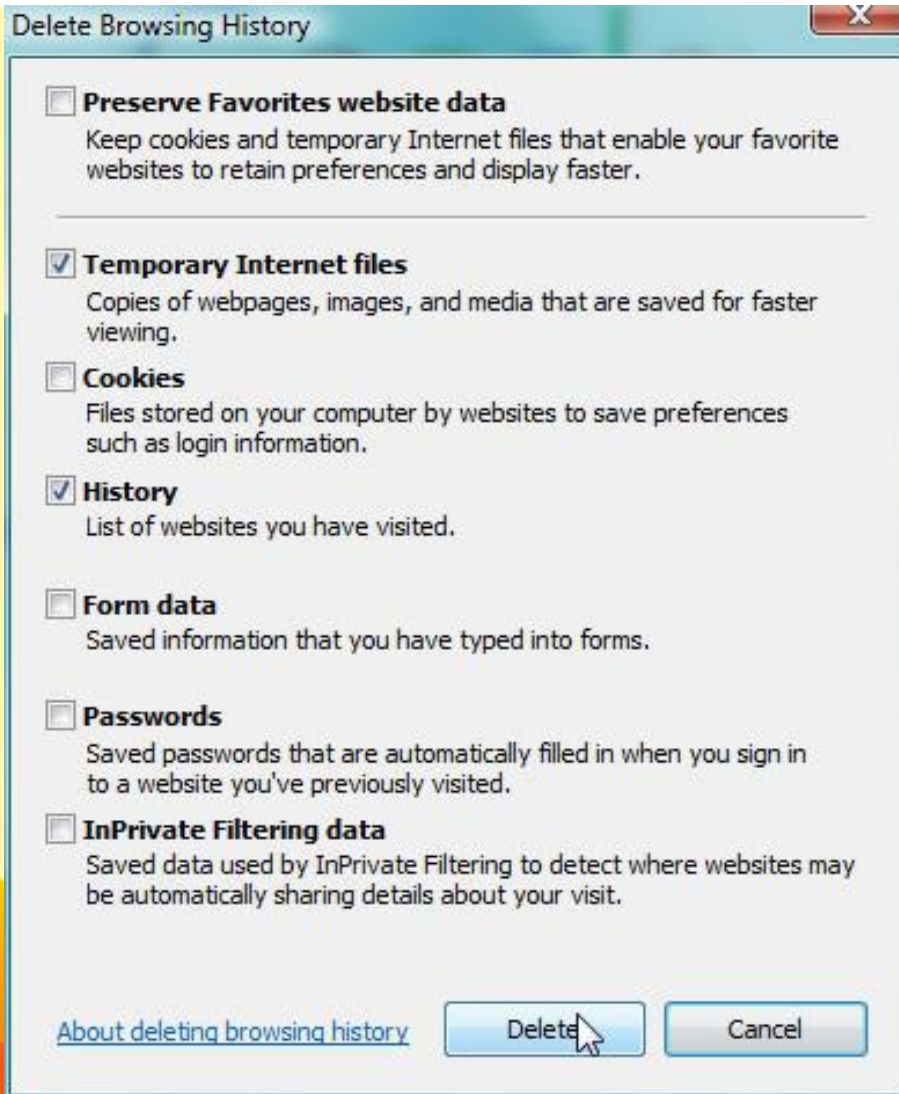
# Explorer - Internet Cookies – Cont'd



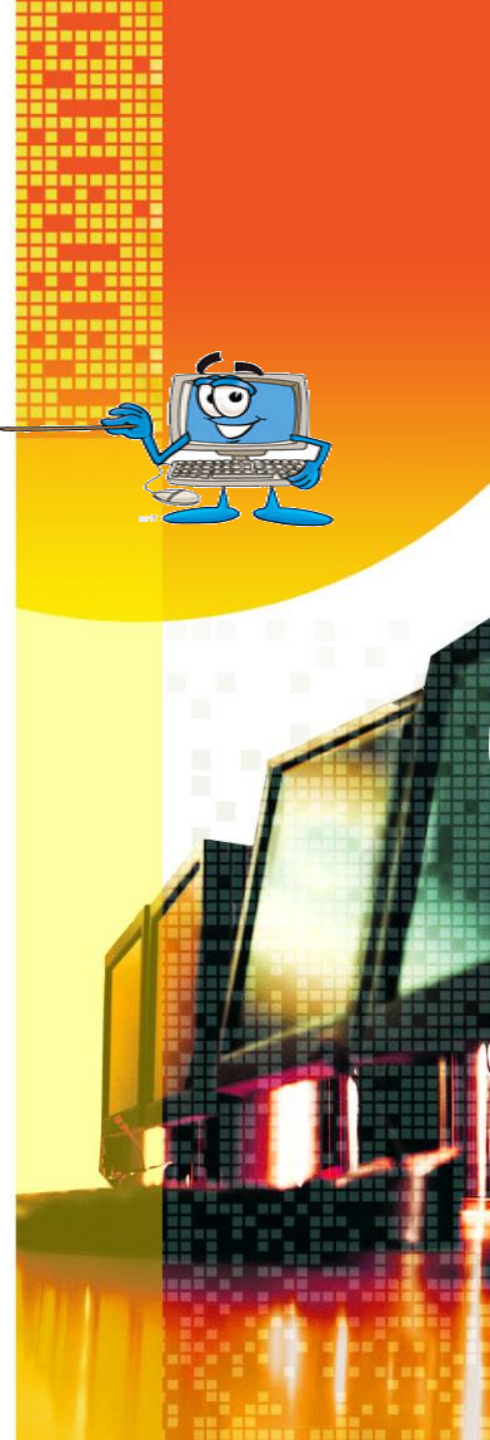
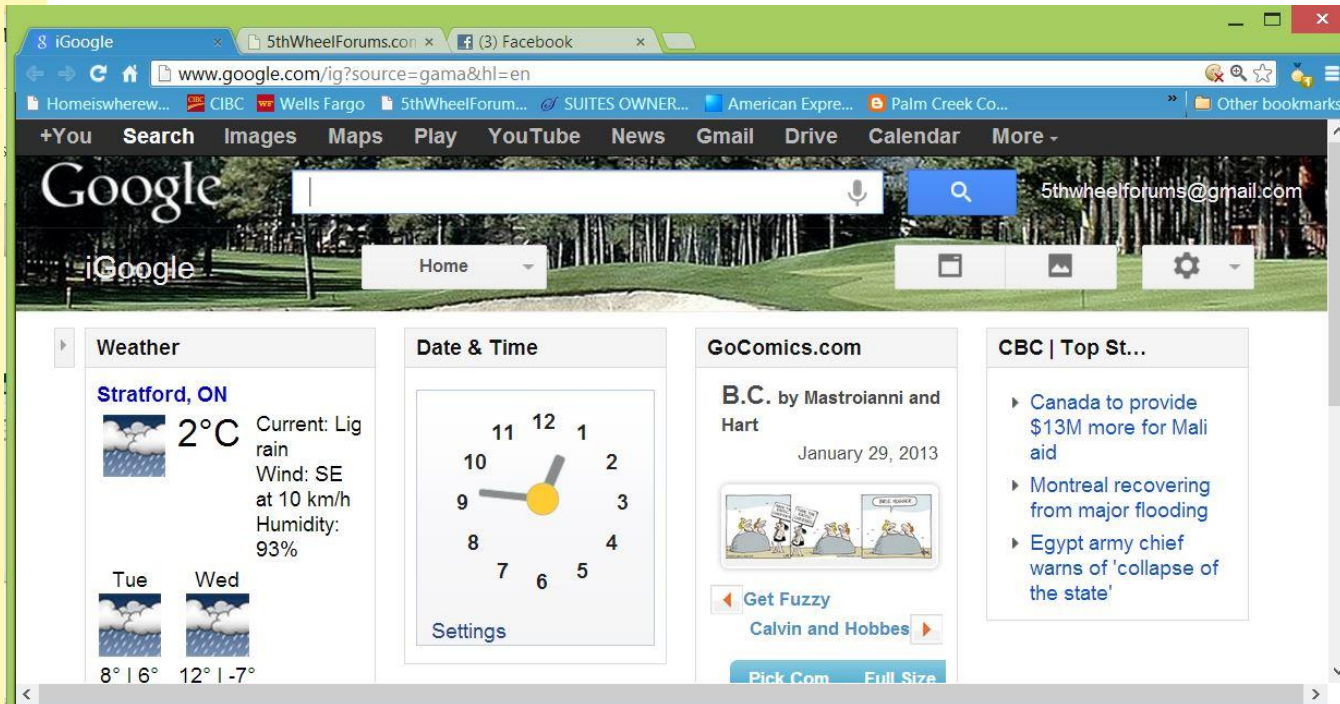
# Explorer - History and Cookie Clean Up



# Explorer - History and Cookie Clean Up – Cont'd

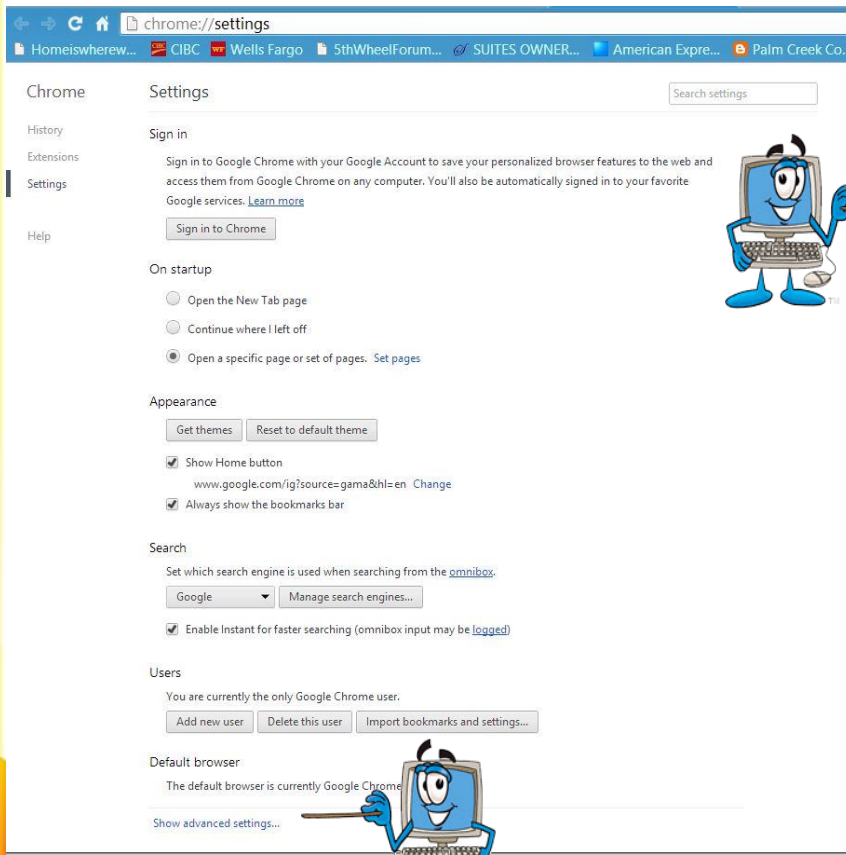


# Chrome - Internet Cookies





# Chrome - Internet Cookies – Cont'd



The screenshot shows the Chrome Settings page at chrome://settings. The left sidebar contains links for Chrome, History, Extensions, Settings, and Help. The main content area is titled 'Settings' and includes a search bar. The 'Sign in' section has a 'Sign in to Chrome' button. The 'On startup' section has three radio button options: 'Open the New Tab page', 'Continue where I left off', and 'Open a specific page or set of pages'. The 'Appearance' section has buttons for 'Get themes' and 'Reset to default theme', and checkboxes for 'Show Home button', 'Always show the bookmarks bar', and 'Always show the omnibox'. The 'Search' section has a dropdown for 'Google' and a checkbox for 'Enable Instant for faster searching'. The 'Users' section has buttons for 'Add new user', 'Delete this user', and 'Import bookmarks and settings...'. The 'Default browser' section has a 'Show advanced settings...' link. A cartoon character is pointing to the 'Show advanced settings...' link.



## Privacy

[Content settings...](#) [Clear browsing data...](#)

Google Chrome may use web services to improve your browsing experience. You may optionally disable these services. [Learn more](#)

- Use a web service to help resolve navigation errors
- Use a prediction service to help complete searches and URLs typed in the address bar
- Predict network actions to improve page load performance
- Enable phishing and malware protection
- Use a web service to help resolve spelling errors
- Automatically send usage statistics and crash reports to Google
- Send a 'Do Not Track' request with your browsing traffic



# Chrome - History and Cookie Clean Up



Content settings

Cookies

- Allow local data to be set (recommended)
- Keep local data only until I quit my browser
- Block sites from setting any data
- Block third-party cookies and site data

[Manage exceptions...](#) [All cookies and site data...](#)

Images

- Show all images (recommended)
- Do not show any images

[Manage exceptions...](#)

JavaScript

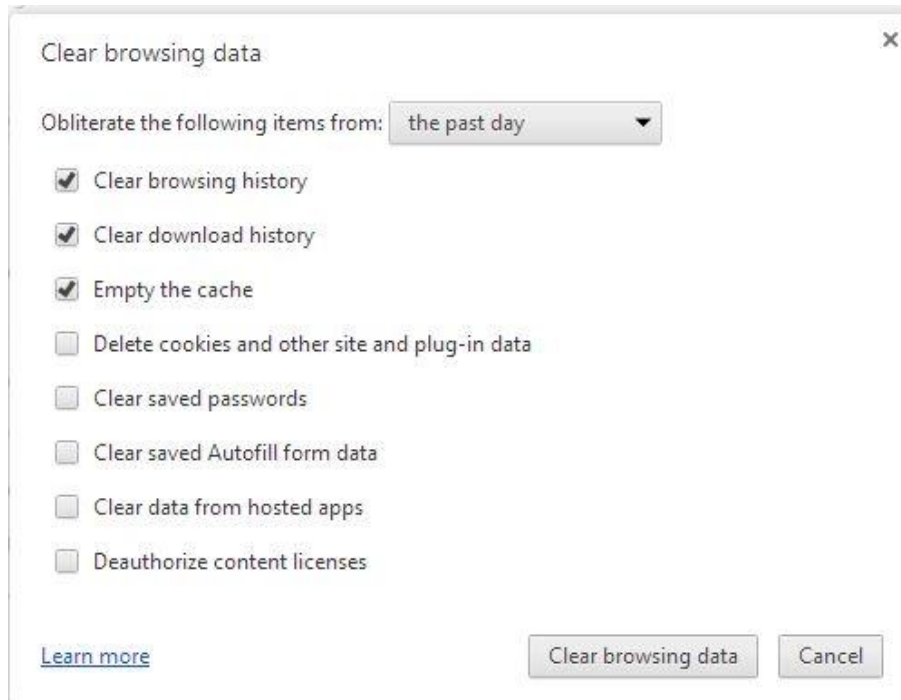
- Allow all sites to run JavaScript (recommended)
- Do not allow any site to run JavaScript

[Manage exceptions...](#)

Handlers



# Chrome - History and Cookie Clean Up – Cont'd



# Virus Protection



# Please Practice Safe Computing! Microsoft Security Essentials – and it's Free!

## Windows 7

<http://windows.microsoft.com/en-CA/windows/security-essentials-download>

I'll never remember that URL!!!!

Just SEARCH for **Microsoft Security Essentials**



# Windows 8

- ✓ It's Included in the Windows 8 and 8.1 Install!
- ✓ **It's FREE!!!!!!**
- ✓ You DO NOT have to pay for Virus Protection!

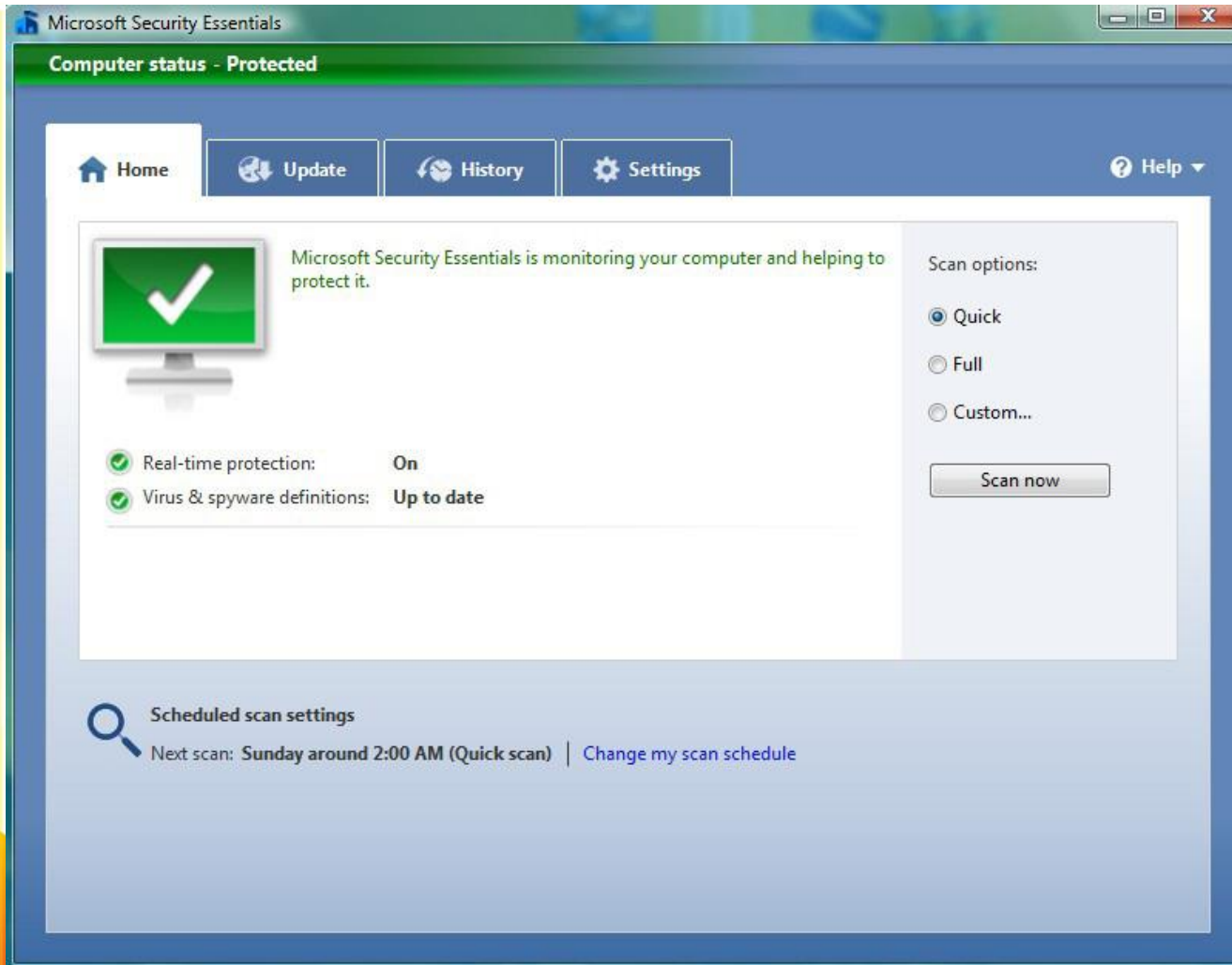


# Windows 10

- ✓ It's Included but is now called **Windows Defender**
- ✓ **It's FREE!!!!!!**
- ✓ You DO NOT have to pay for Virus Protection!

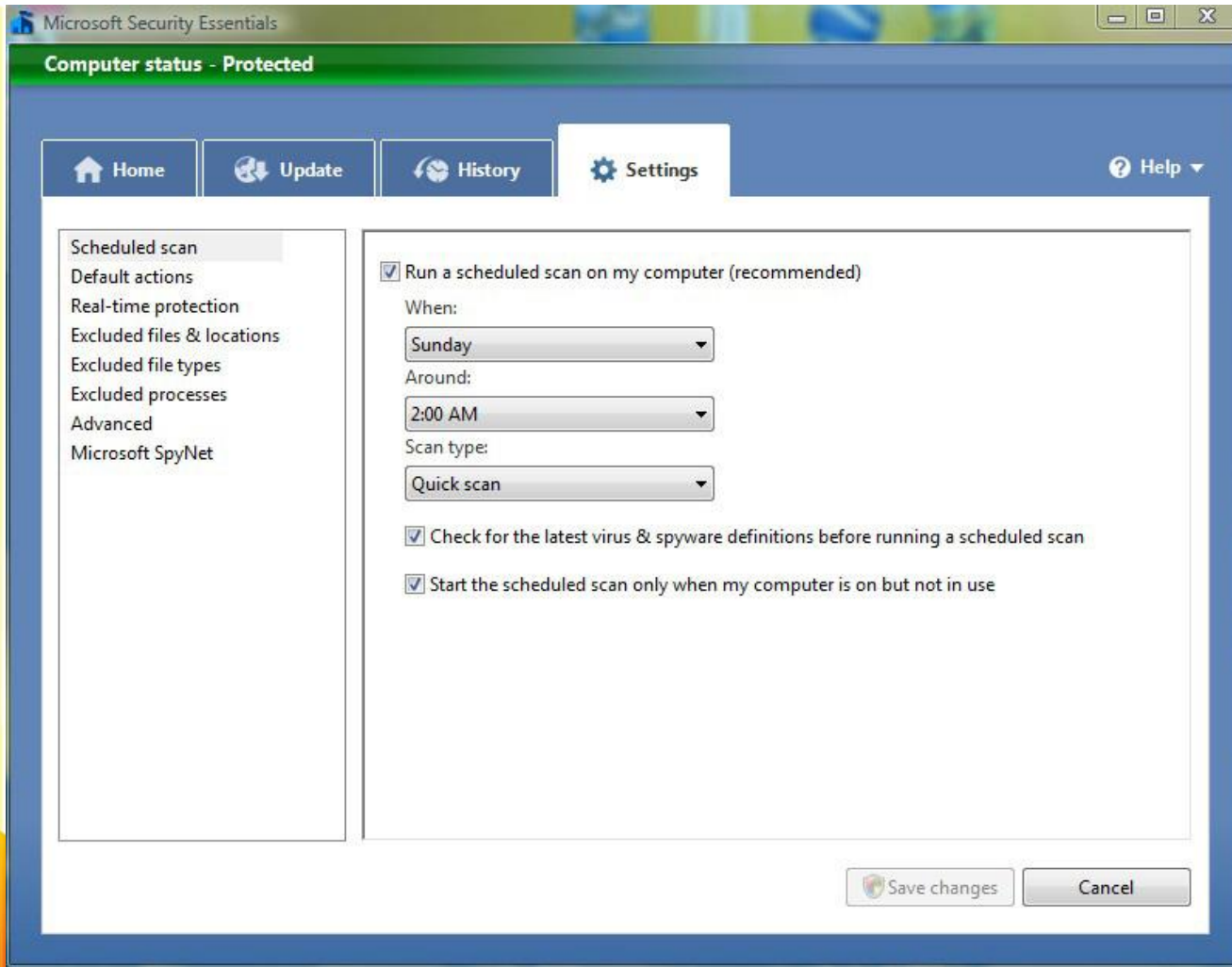


# Microsoft Security Essentials

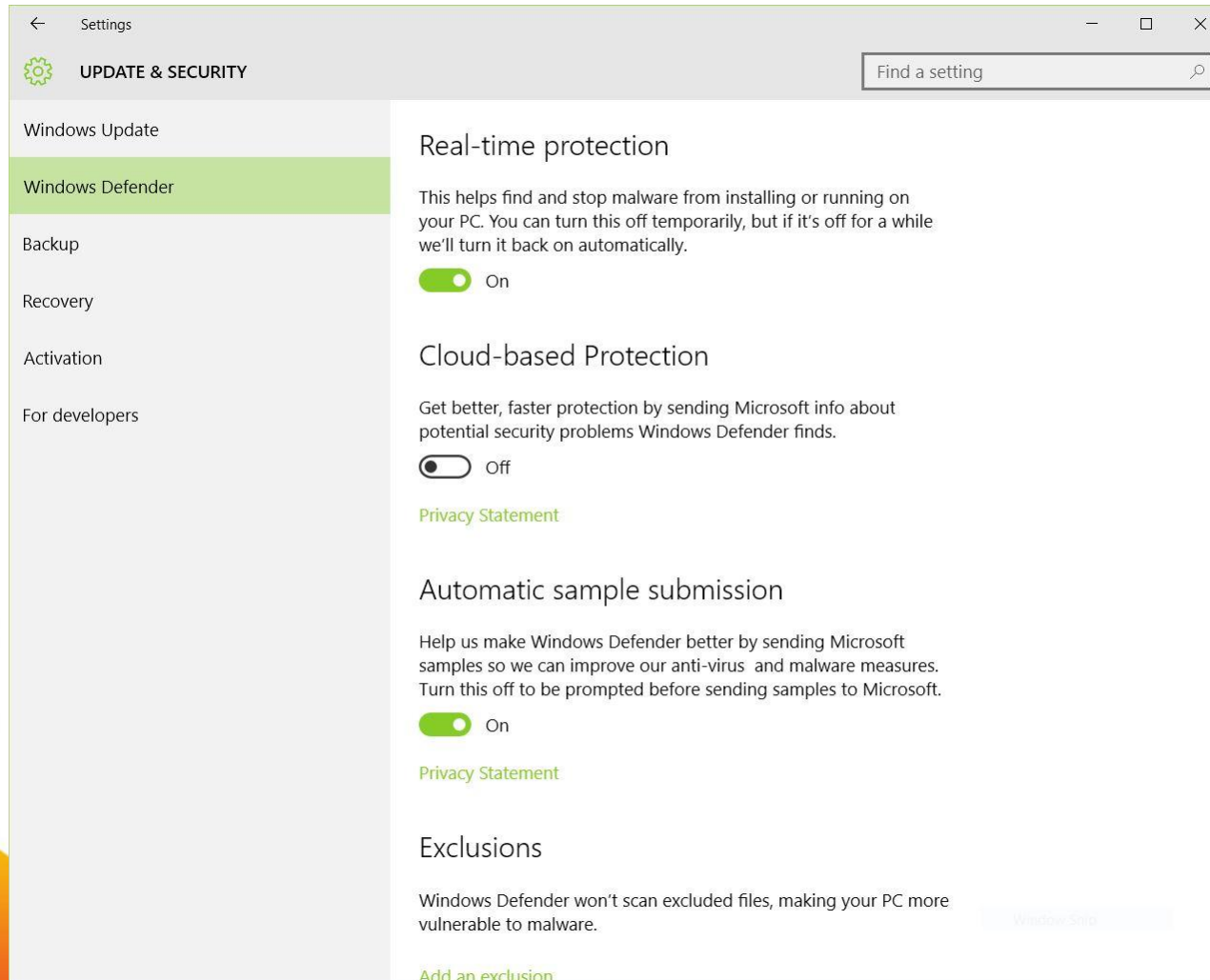




# Microsoft Security Essentials



# Microsoft Defender



The image shows a screenshot of the Windows Settings application, specifically the 'UPDATE & SECURITY' section. The 'Windows Defender' option is selected in the left-hand navigation pane. The main content area displays the 'Real-time protection' settings, which are currently turned 'On'. Below this, 'Cloud-based Protection' is shown as 'Off'. There are also sections for 'Automatic sample submission' (turned 'On') and 'Exclusions'. The interface includes a search bar at the top right and a 'Windows Store' link at the bottom right.

Settings

UPDATE & SECURITY

Find a setting

Windows Update

Windows Defender

Backup

Recovery

Activation

For developers

### Real-time protection

This helps find and stop malware from installing or running on your PC. You can turn this off temporarily, but if it's off for a while we'll turn it back on automatically.

On

### Cloud-based Protection

Get better, faster protection by sending Microsoft info about potential security problems Windows Defender finds.

Off

[Privacy Statement](#)

### Automatic sample submission

Help us make Windows Defender better by sending Microsoft samples so we can improve our anti-virus and malware measures. Turn this off to be prompted before sending samples to Microsoft.

On

[Privacy Statement](#)

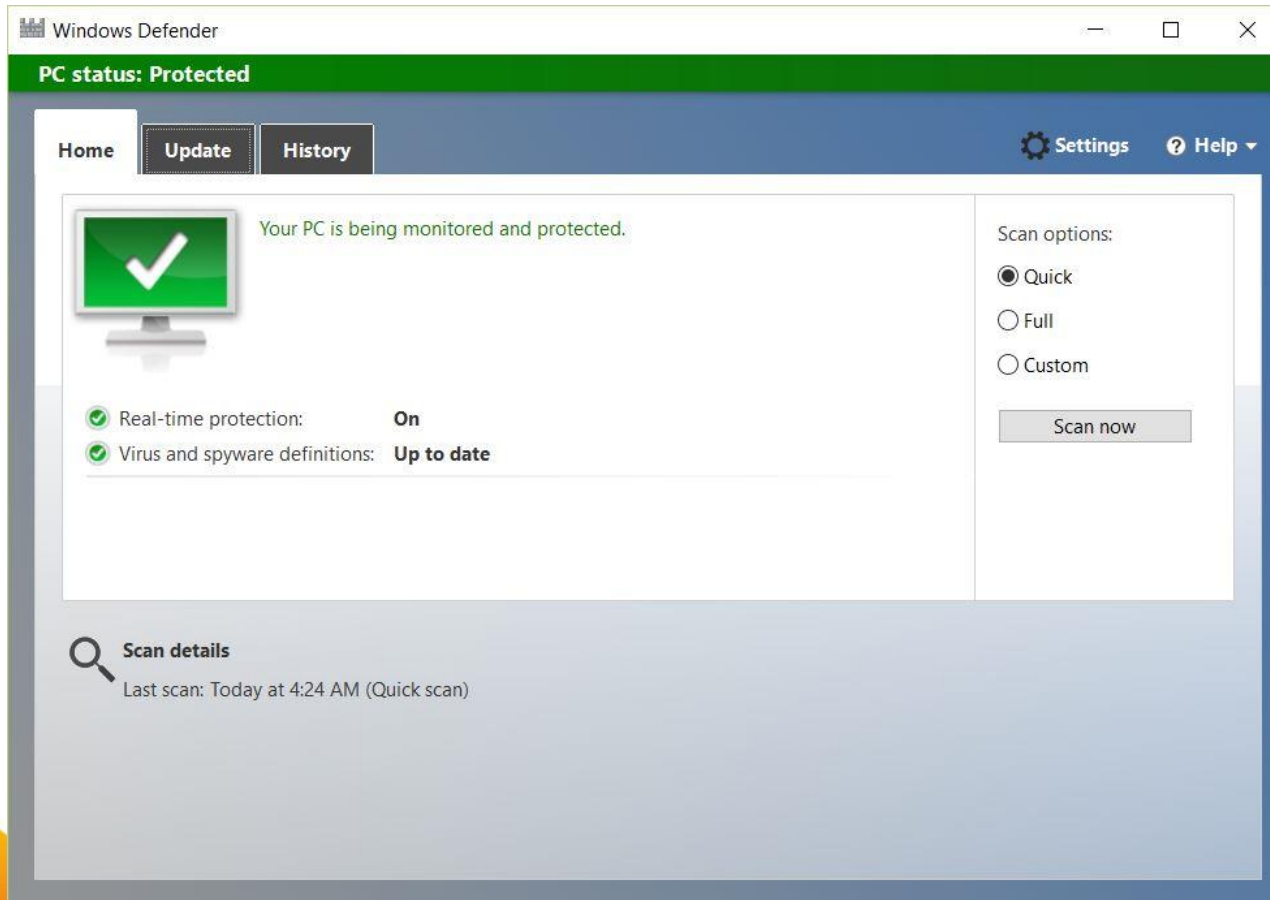
### Exclusions

Windows Defender won't scan excluded files, making your PC more vulnerable to malware.

[Add an exclusion](#)

[Windows Store](#)

# Microsoft Defender



# Malware

## What is malware and how can we prevent it?

- [Malware](#) is an abbreviated term meaning “malicious software.” This is software that is specifically designed to gain access or damage a computer without the knowledge of the owner. There are various types of malware including [spyware](#), keyloggers, true viruses, worms, or any type of malicious code that infiltrates a computer.
- Generally, software is considered malware based on the intent of the creator rather than its actual features. Malware creation is on the rise due to the sheer volume of new types created daily and the lure of money that can be made through organized internet crime.



# Malware

- Malware was originally created as experiments and pranks, but eventually led to vandalism and destruction of targeted machines.
- Today, much of malware is created for profit through forced advertising (adware), stealing sensitive information (spyware), spreading email [spam](#) or child pornography (zombie computers), or to extort money (ransomware).
- Various factors can make computers more vulnerable to malware attacks, including defects in the operating system design, having all of the computers on a network run the same OS, giving users too much permissions or just using the Windows OS (due to its popularity, it gets the most malware written for it). The best protection from malware continues to be the usual advice: be careful about what email attachments you open, be cautious when surfing and stay away from suspicious websites, and install and maintain an updated, quality [antivirus](#) program.



# Malewarebytes

Malwarebytes Anti-Malware Home (Free) 2.2.0.1024

Malwarebytes ANTI-MALWARE

DASHBOARD SCAN SETTINGS HISTORY

ACTIVATE UPGRADE NOW

☹️ Your databases are out of date [Fix Now](#)

<b>License</b>	● Malwarebytes Anti-Malware (Free)	<a href="#">Buy Premium &gt;&gt;</a>
<b>Database Version</b>	● v2015.12.07.06	<a href="#">Update &gt;&gt;</a>
<b>Scan Progress</b>	● Not Running	
<b>Real-Time Protection</b>	● Available with Malwarebytes Anti-Malware Premium	<a href="#">Start Free Trial &gt;&gt;</a>

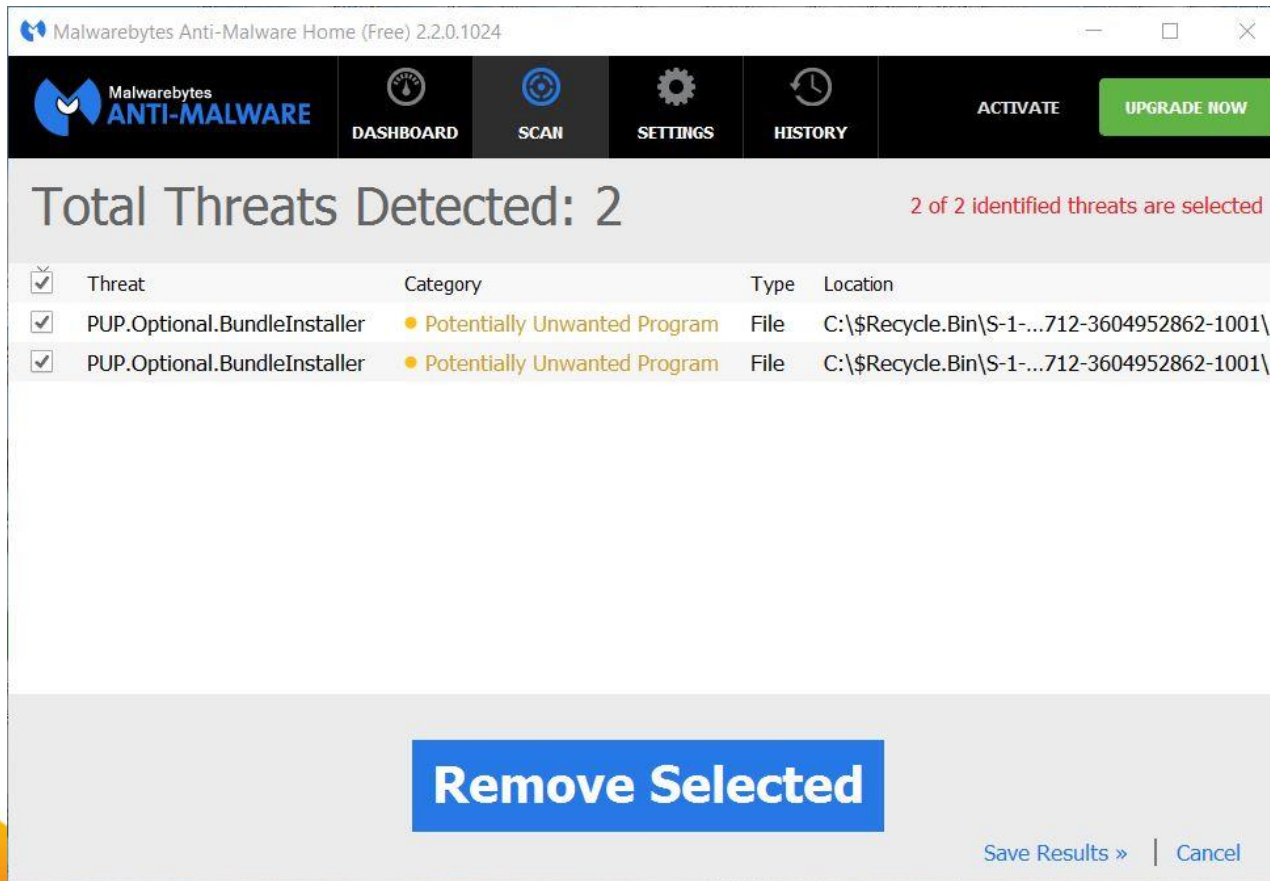
[Scan Now](#)

[Need Help?](#)

# Malewarebytes

The screenshot displays the Malwarebytes Anti-Malware Home (Free) 2.2.0.1024 interface. The window title bar shows the application name and version. The top navigation bar includes the Malwarebytes logo, the text 'ANTI-MALWARE', and several menu items: DASHBOARD, SCAN, SETTINGS, and HISTORY. There are also 'ACTIVATE' and 'UPGRADE NOW' buttons. The main content area is titled 'Threat Scan' and features a progress bar with seven steps: 'Check for Updates' (completed with a green checkmark), 'Pre-Scan Operations' (currently active with a green circle), 'Scan Memory' (pending with a grey exclamation mark), 'Scan Startup Files' (pending with a grey exclamation mark), 'Scan Registry' (pending with a grey exclamation mark), 'Scan File System' (pending with a grey exclamation mark), and 'Heuristic Analysis' (pending with a grey exclamation mark). Below the progress bar, the current scan status is shown: 'Currently Scanning: Pre-Scan Operations', 'Objects Scanned: 0', 'Time Elapsed: 00:00:09', and 'Detected Objects: 0'. At the bottom right of the scan area, there are 'Pause Scan' and 'Cancel' buttons. A promotional banner at the bottom left features a blue arrow icon with a '+1' and the text: 'Malwarebytes Anti-Malware Premium: Our strongest anti-malware. Why level up to Malwarebytes Anti-Malware Premium? Try real-time protection and malicious website blocking. [Level up](#)'.

# Malwarebytes



The screenshot displays the Malwarebytes Anti-Malware Home interface. At the top, the window title is "Malwarebytes Anti-Malware Home (Free) 2.2.0.1024". The main navigation bar includes icons for Dashboard, Scan, Settings, and History, along with "ACTIVATE" and "UPGRADE NOW" buttons. Below the navigation bar, a summary bar indicates "Total Threats Detected: 2" and "2 of 2 identified threats are selected". A table lists the detected threats, with two entries selected. At the bottom, a large blue "Remove Selected" button is prominent, with "Save Results »" and "Cancel" options to its right.

Malwarebytes Anti-Malware Home (Free) 2.2.0.1024

Malwarebytes ANTI-MALWARE

DASHBOARD SCAN SETTINGS HISTORY

ACTIVATE UPGRADE NOW

Total Threats Detected: 2 2 of 2 identified threats are selected

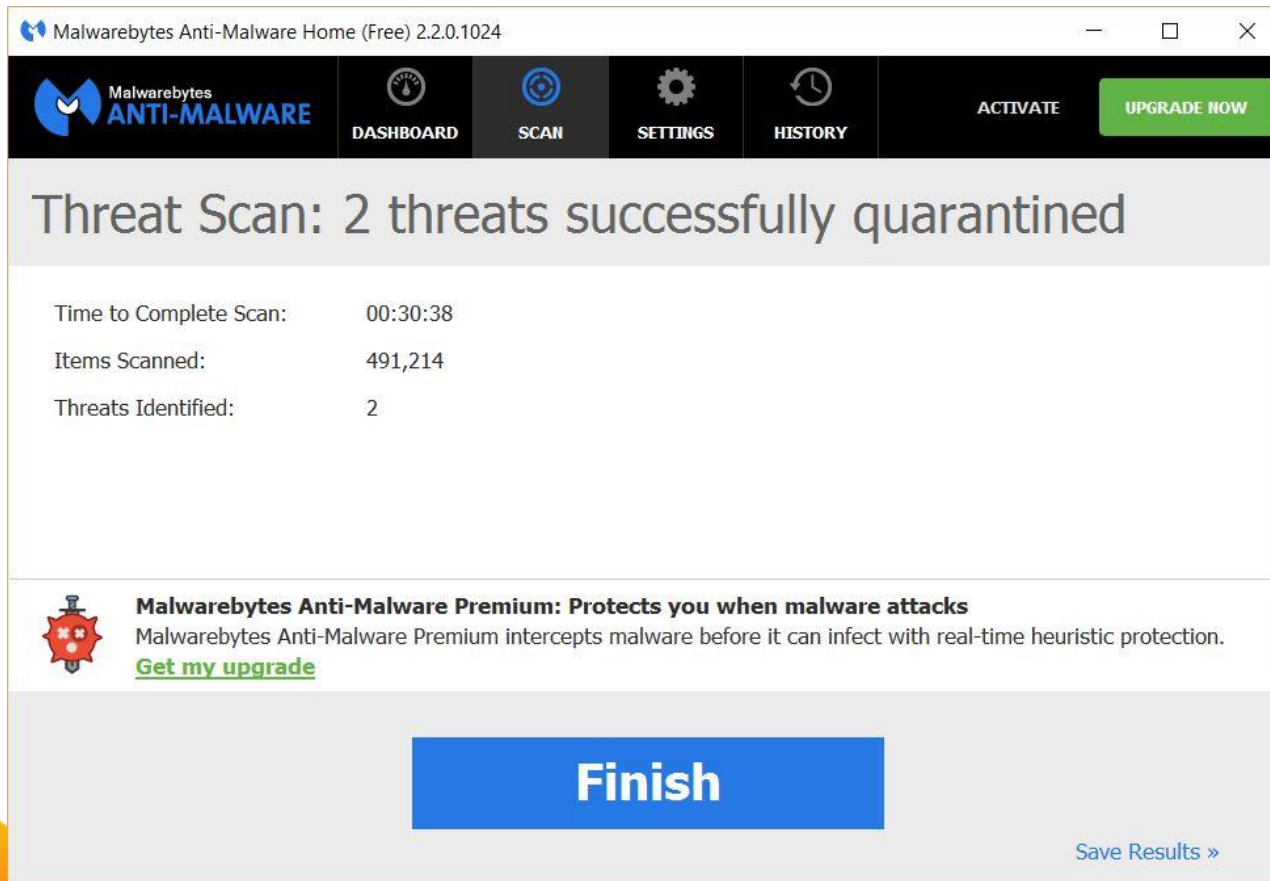
<input checked="" type="checkbox"/>	Threat	Category	Type	Location
<input checked="" type="checkbox"/>	PUP.Optional.BundleInstaller	Potentially Unwanted Program	File	C:\\$Recycle.Bin\S-1-...712-3604952862-1001\
<input checked="" type="checkbox"/>	PUP.Optional.BundleInstaller	Potentially Unwanted Program	File	C:\\$Recycle.Bin\S-1-...712-3604952862-1001\

**Remove Selected**

Save Results » | Cancel



# Malewarebytes



The screenshot shows the Malwarebytes Anti-Malware Home interface. The window title is "Malwarebytes Anti-Malware Home (Free) 2.2.0.1024". The navigation bar includes "DASHBOARD", "SCAN", "SETTINGS", and "HISTORY" buttons, along with "ACTIVATE" and "UPGRADE NOW" buttons. The main content area displays a "Threat Scan: 2 threats successfully quarantined" message. Below this, a table shows scan statistics: "Time to Complete Scan: 00:30:38", "Items Scanned: 491,214", and "Threats Identified: 2". A promotional banner for "Malwarebytes Anti-Malware Premium" is visible, with a "Get my upgrade" link. At the bottom, there is a large blue "Finish" button and a "Save Results >" link.

Malwarebytes Anti-Malware Home (Free) 2.2.0.1024


Malwarebytes ANTI-MALWARE

DASHBOARD SCAN SETTINGS HISTORY

ACTIVATE UPGRADE NOW

## Threat Scan: 2 threats successfully quarantined

Time to Complete Scan:	00:30:38
Items Scanned:	491,214
Threats Identified:	2

 **Malwarebytes Anti-Malware Premium: Protects you when malware attacks**  
Malwarebytes Anti-Malware Premium intercepts malware before it can infect with real-time heuristic protection.  
[Get my upgrade](#)

**Finish**

[Save Results >](#)

Questions?

