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.

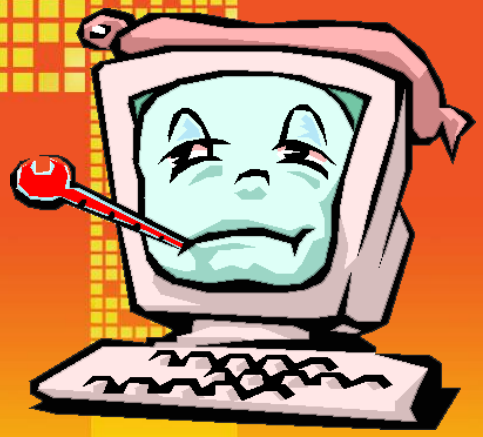
Each day is a gift.

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?"

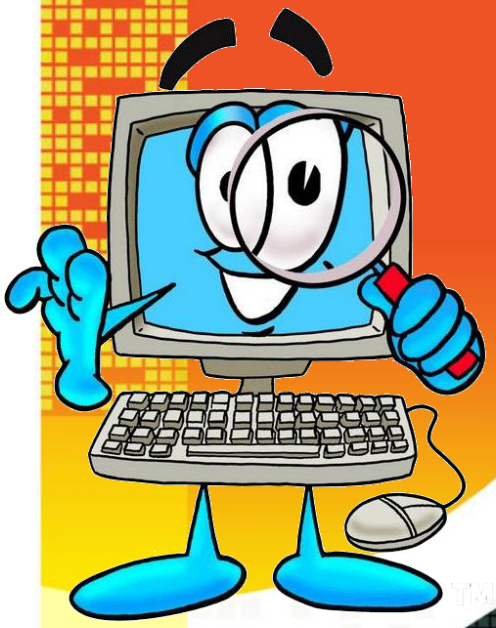
Garth Vanstone

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?

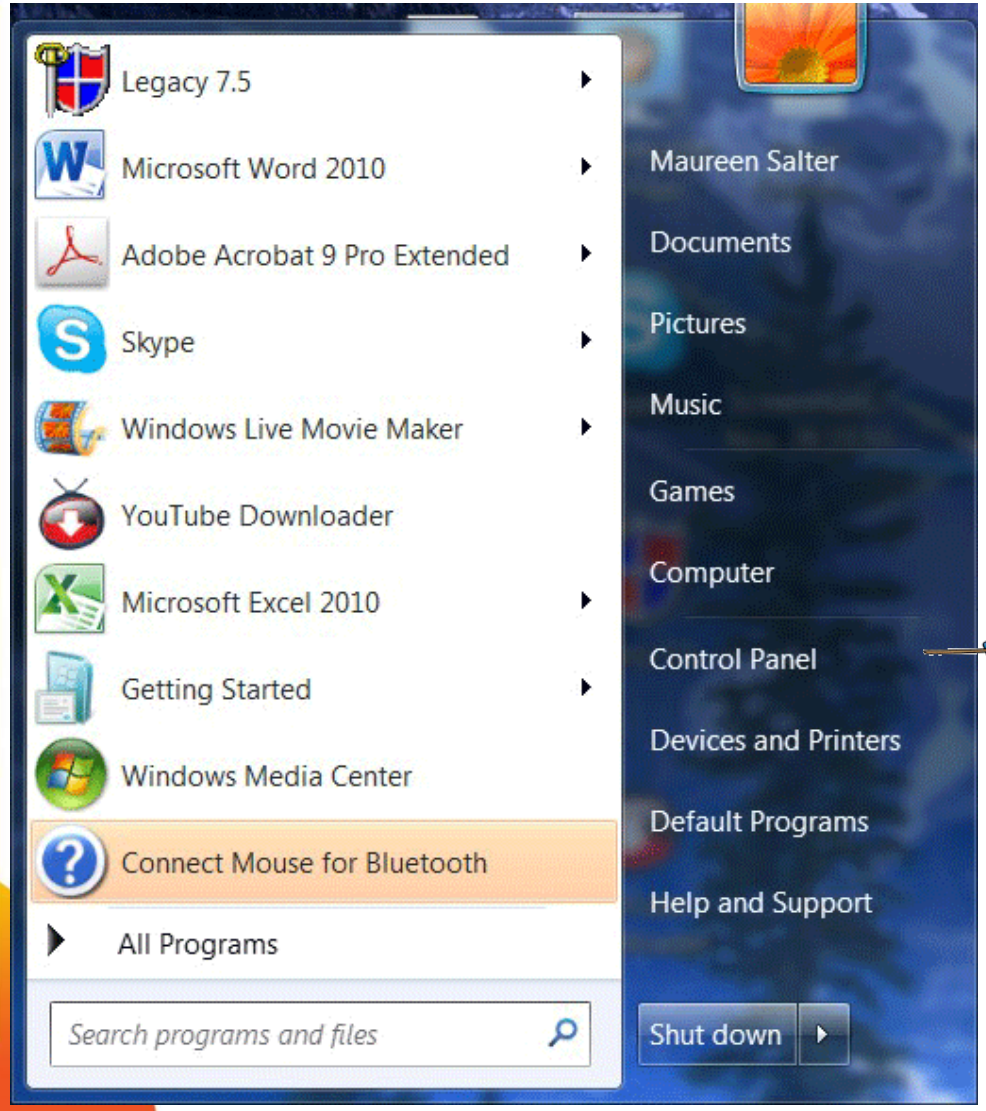
Disk Cleanup



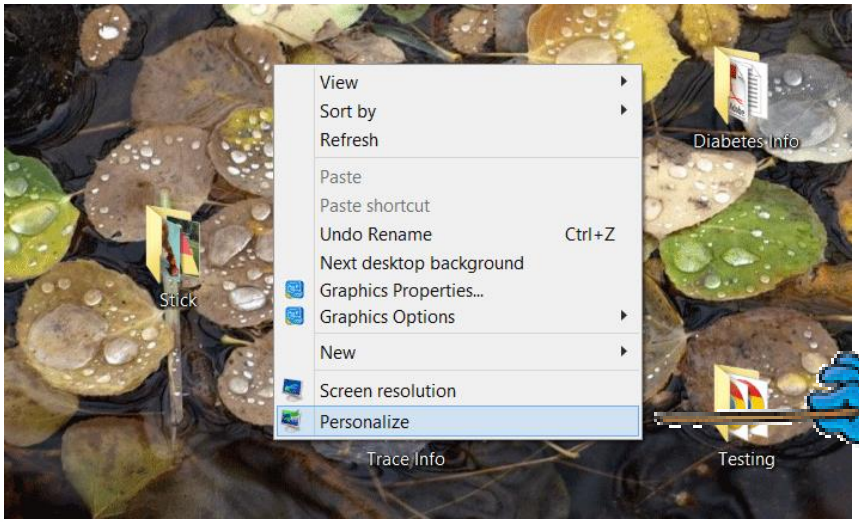
- If you want to reduce the number of unnecessary files on your hard drive to free up disk space and help your computer run faster, use Disk Cleanup.

- It removes temporary files, empties the Recycle Bin, and removes a variety of system files and other items that you no longer need.

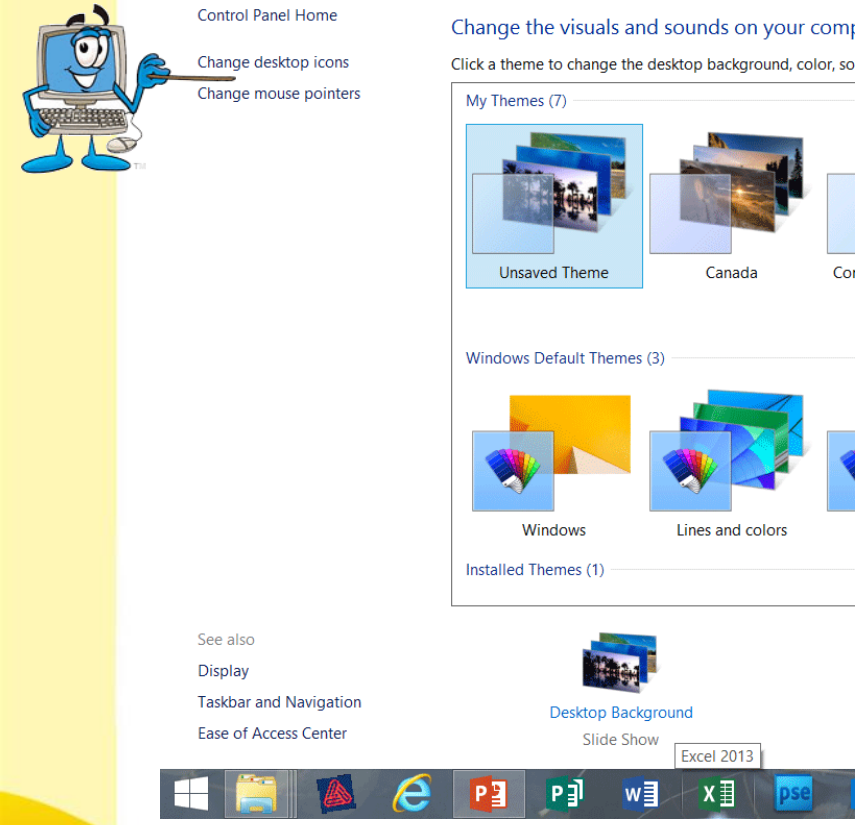
Disk Cleanup Options Windows 7



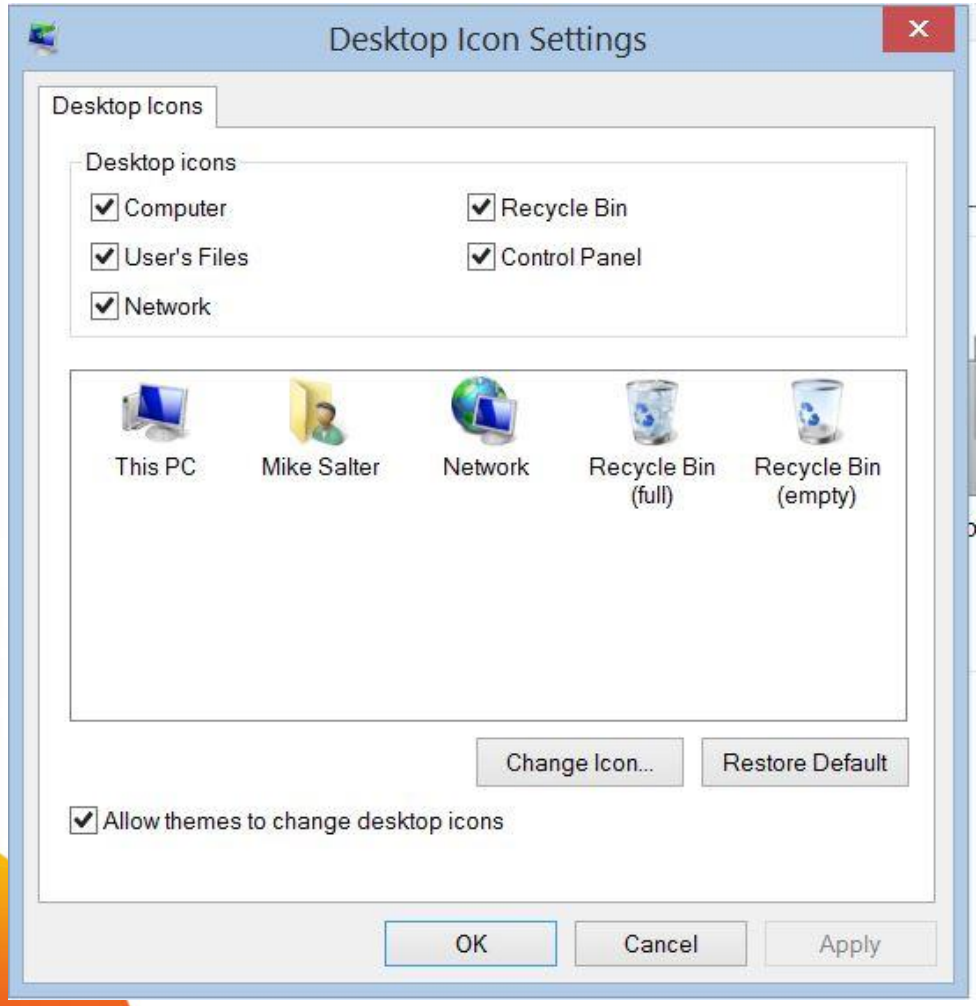
Disk Cleanup Options Windows 8



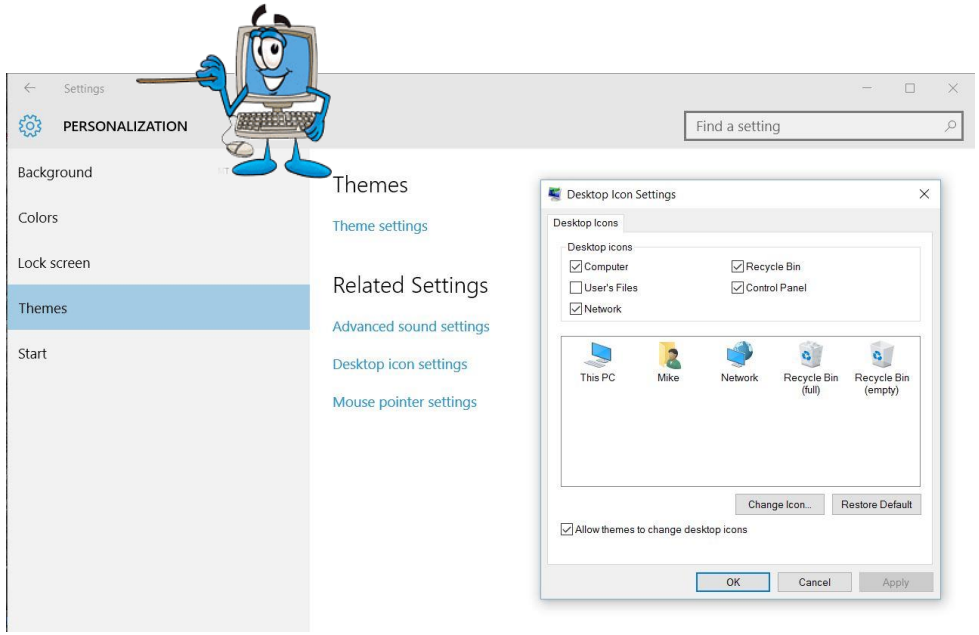
Disk Cleanup Options Windows 8



Disk Cleanup Options Windows 8

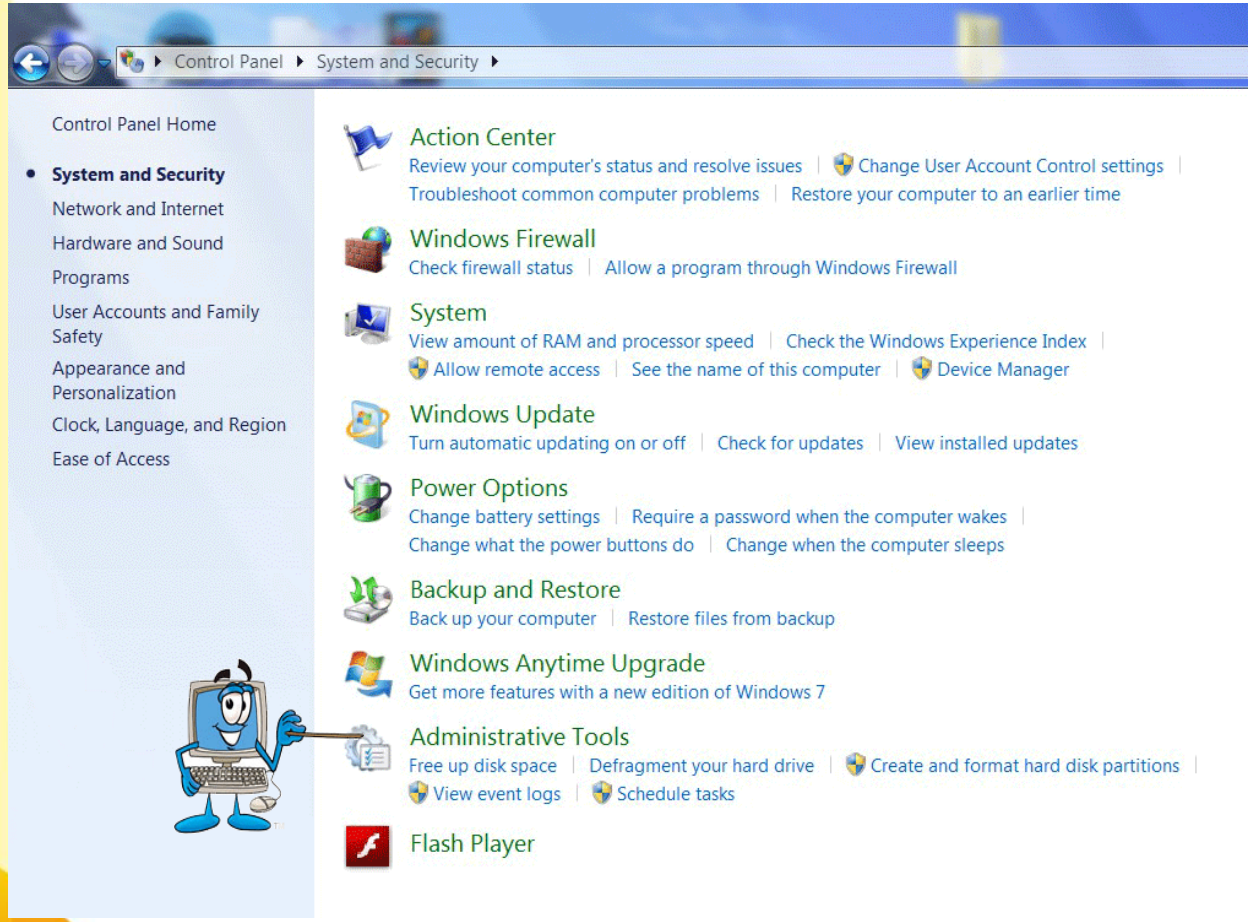


Disk Cleanup Options Windows 10

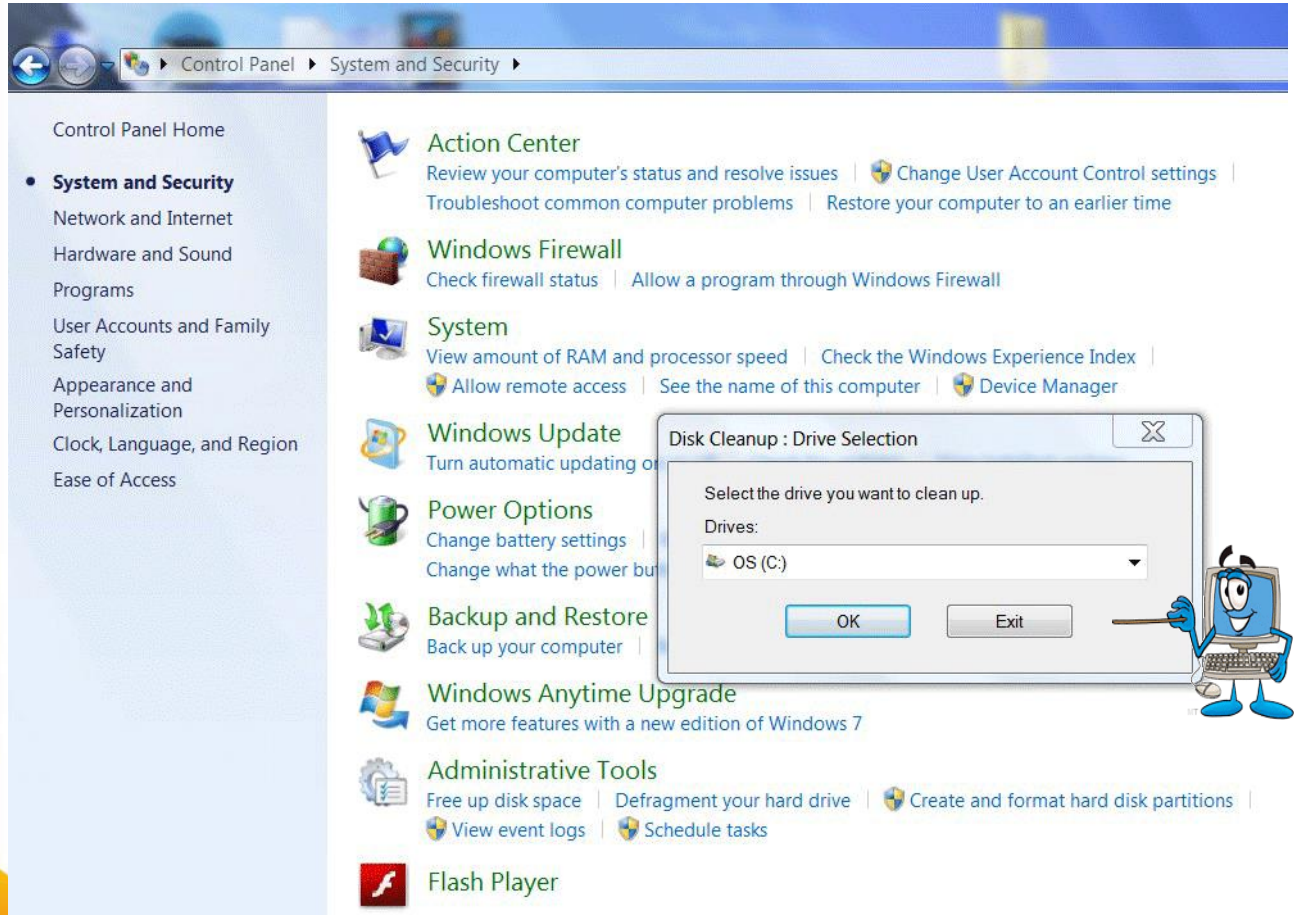


Disk Cleanup Options – cont'd

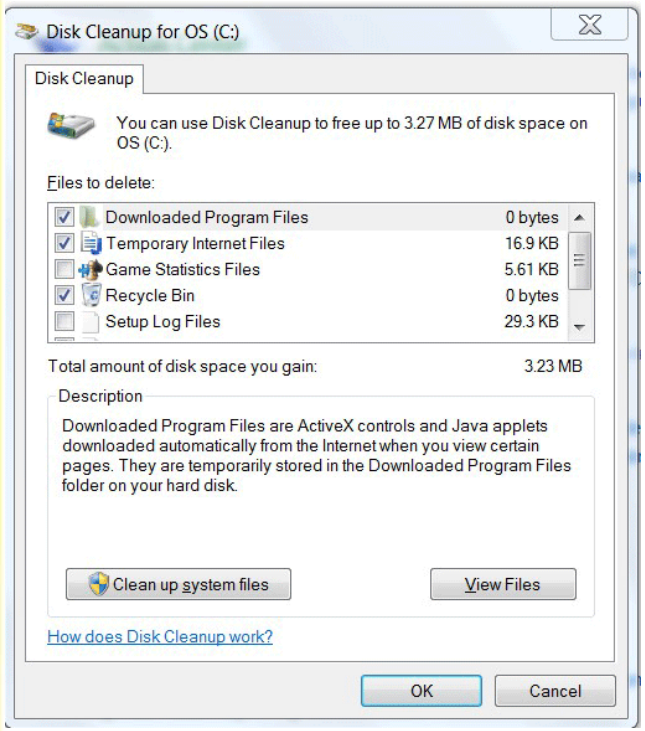
Disk Cleanup Options – cont'd

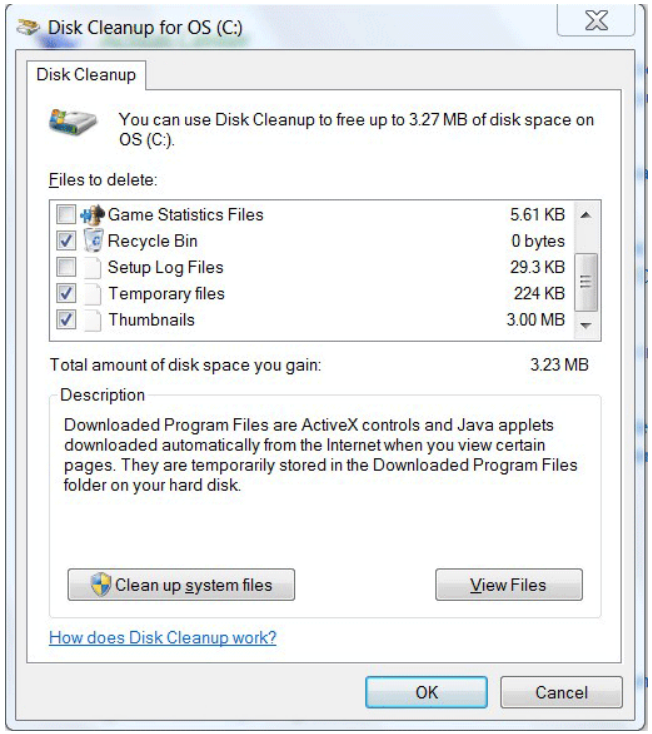


Disk Cleanup Options – cont'd



Disk Cleanup Options – cont'd



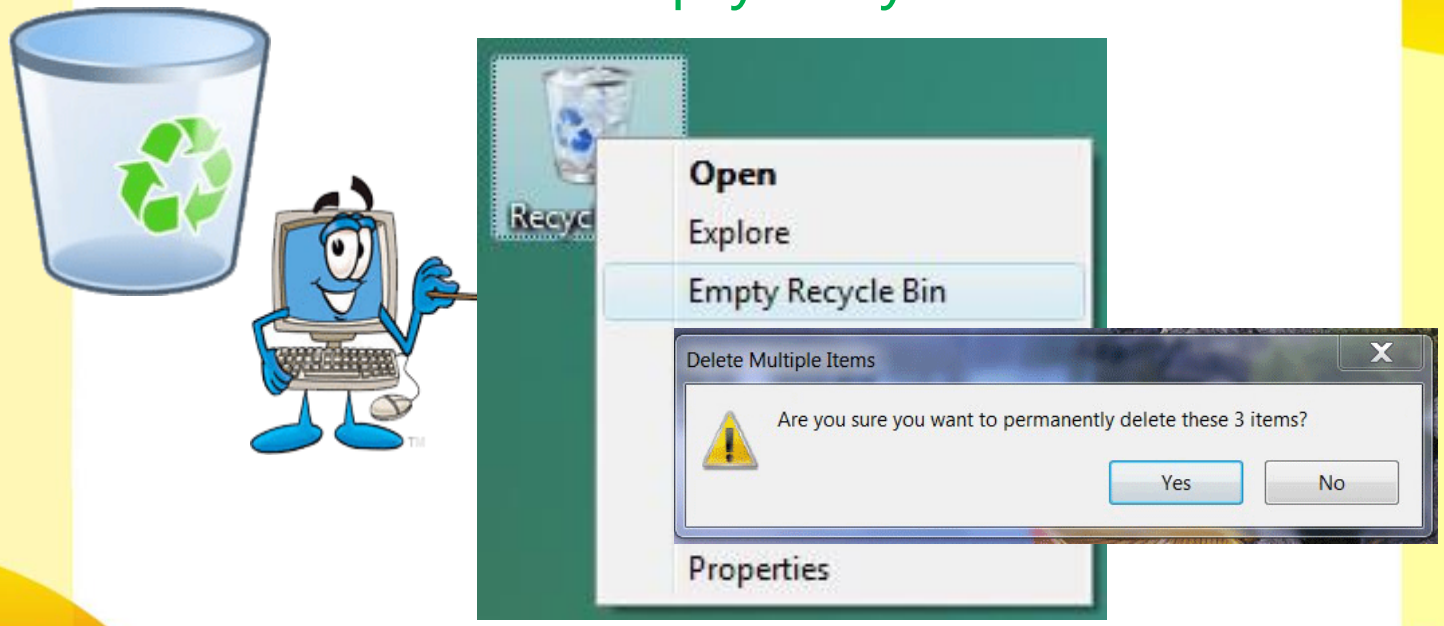


Disk Cleanup Options – Recycle Bin

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

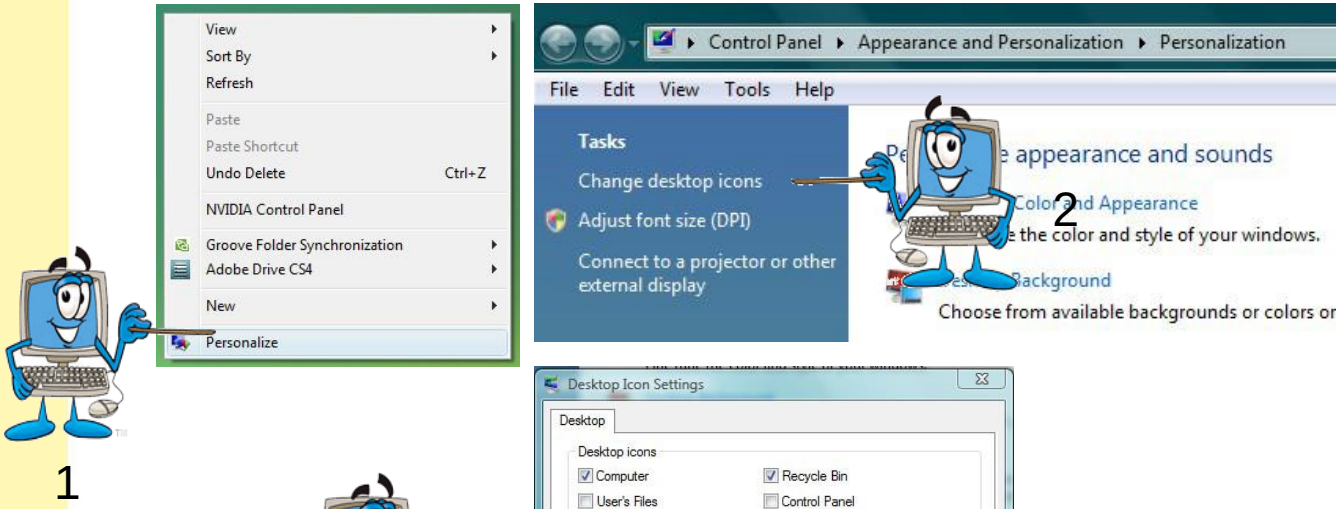
Disk Cleanup Options – Recycle Bin – cont'd

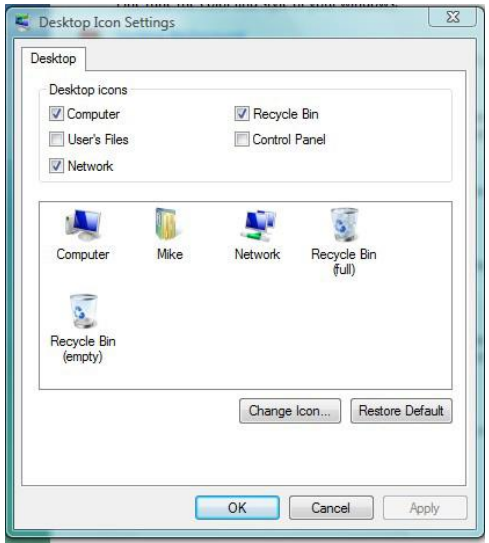
- When using the Recycle Bin
  - Don't choose "Delete"
  - Do choose "Empty Recycle Bin"



Recycle Bin cont'd

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





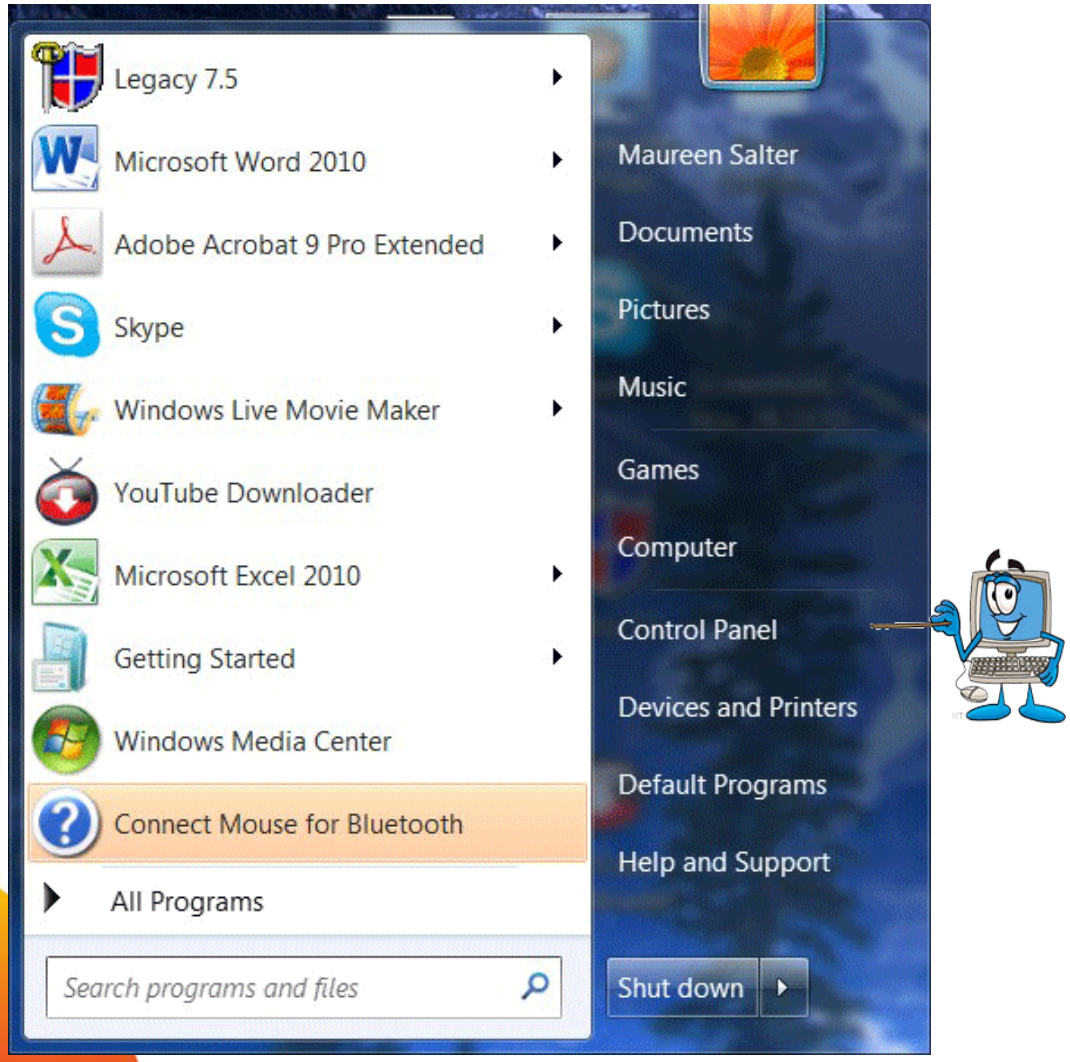
Hard Drive Defragment

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

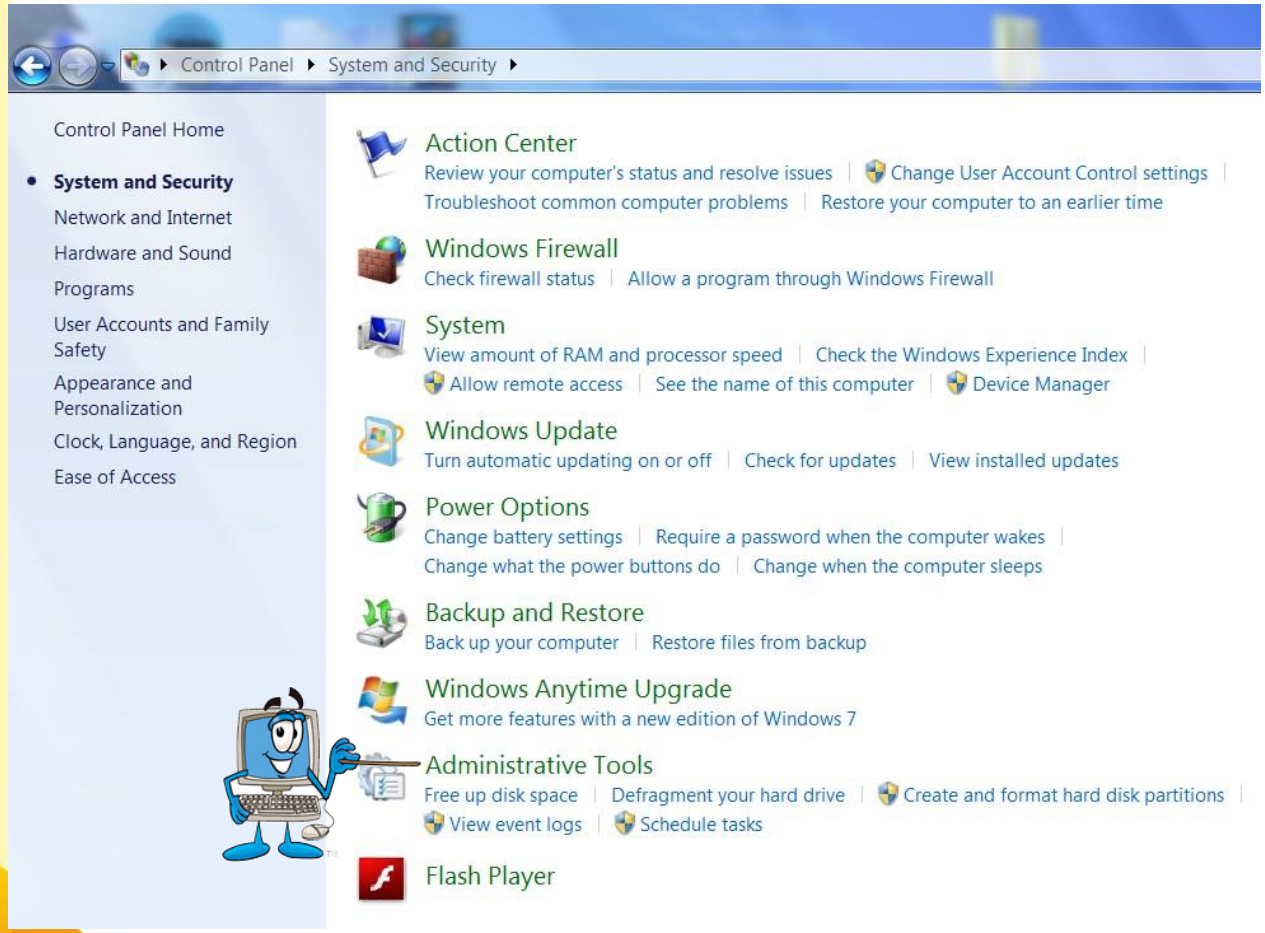


Disk Defragment

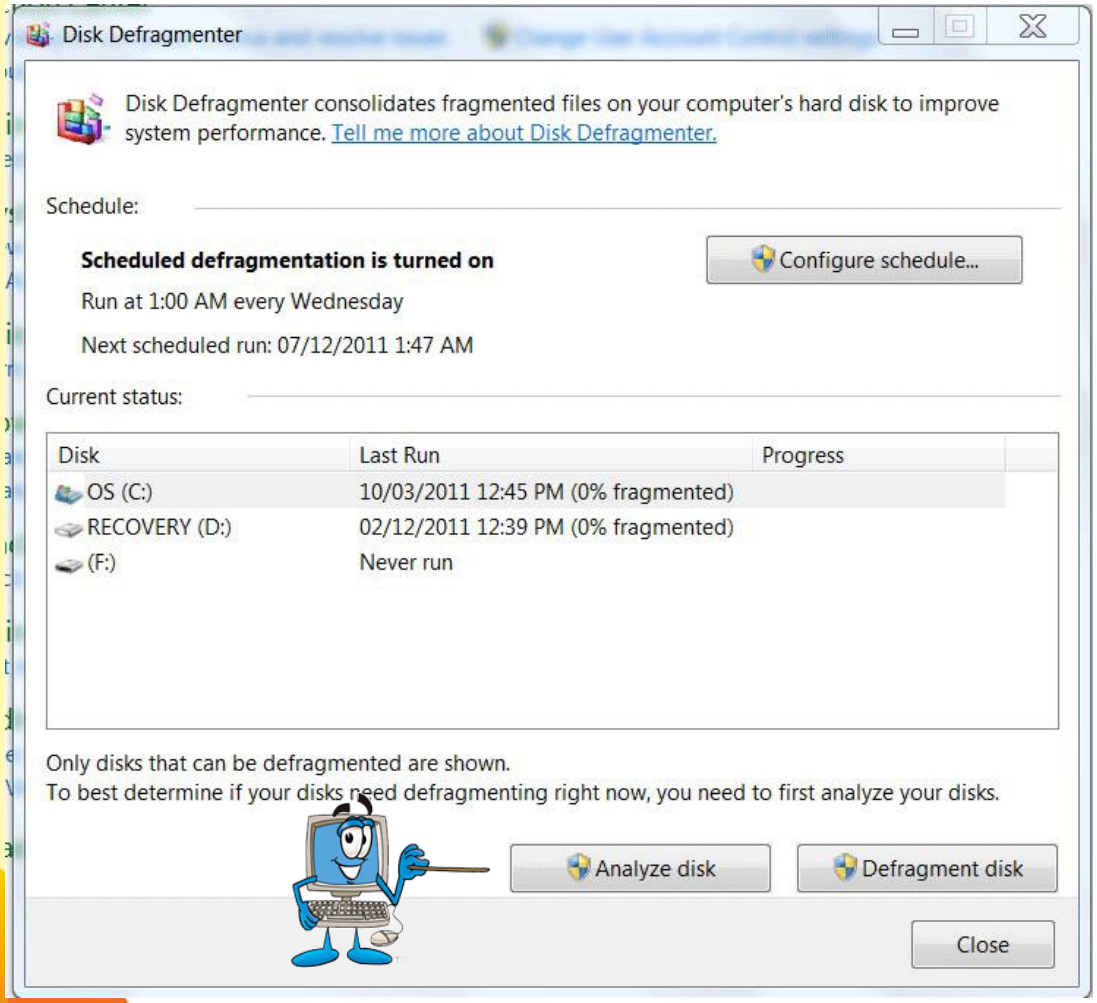
Windows 8 & 10

Disk Defragment – cont'd

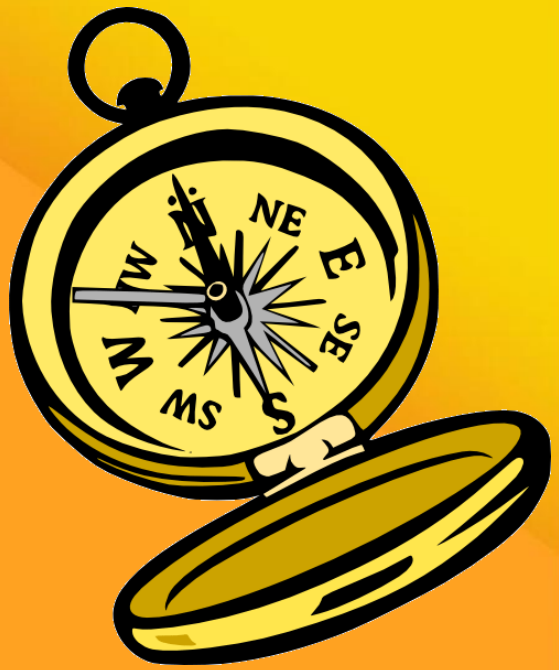
Disk Defragment – cont'd



Disk Defragment – cont'd



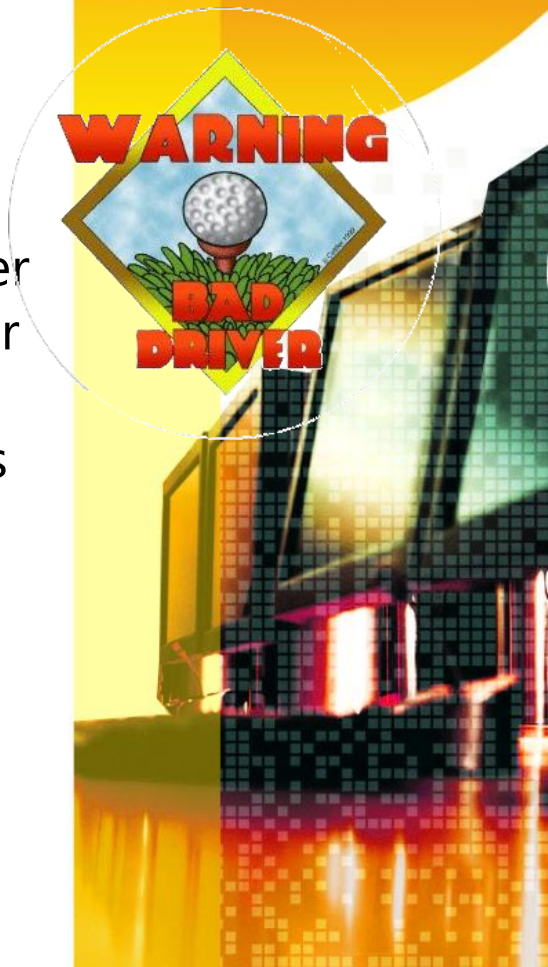
System Restore & Restore Points



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.



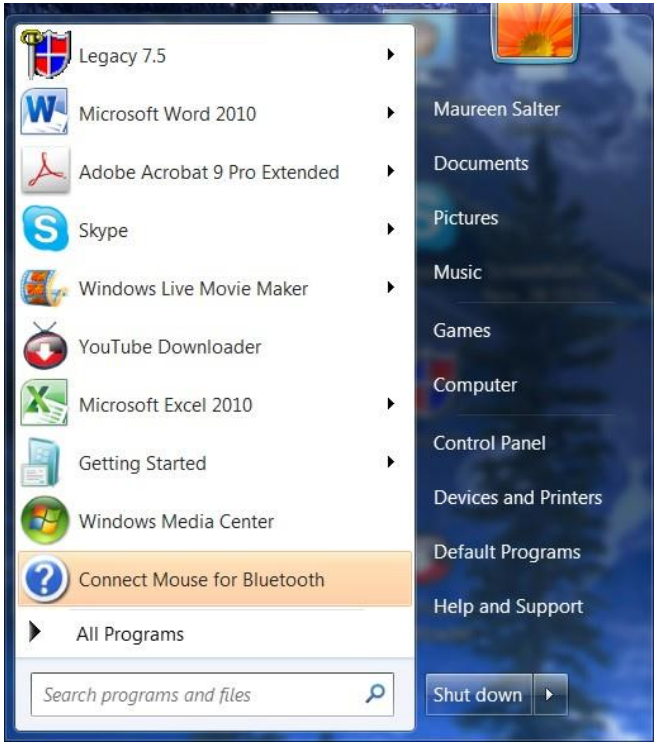
What is System Restore? – Cont'd

- 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 – Ste

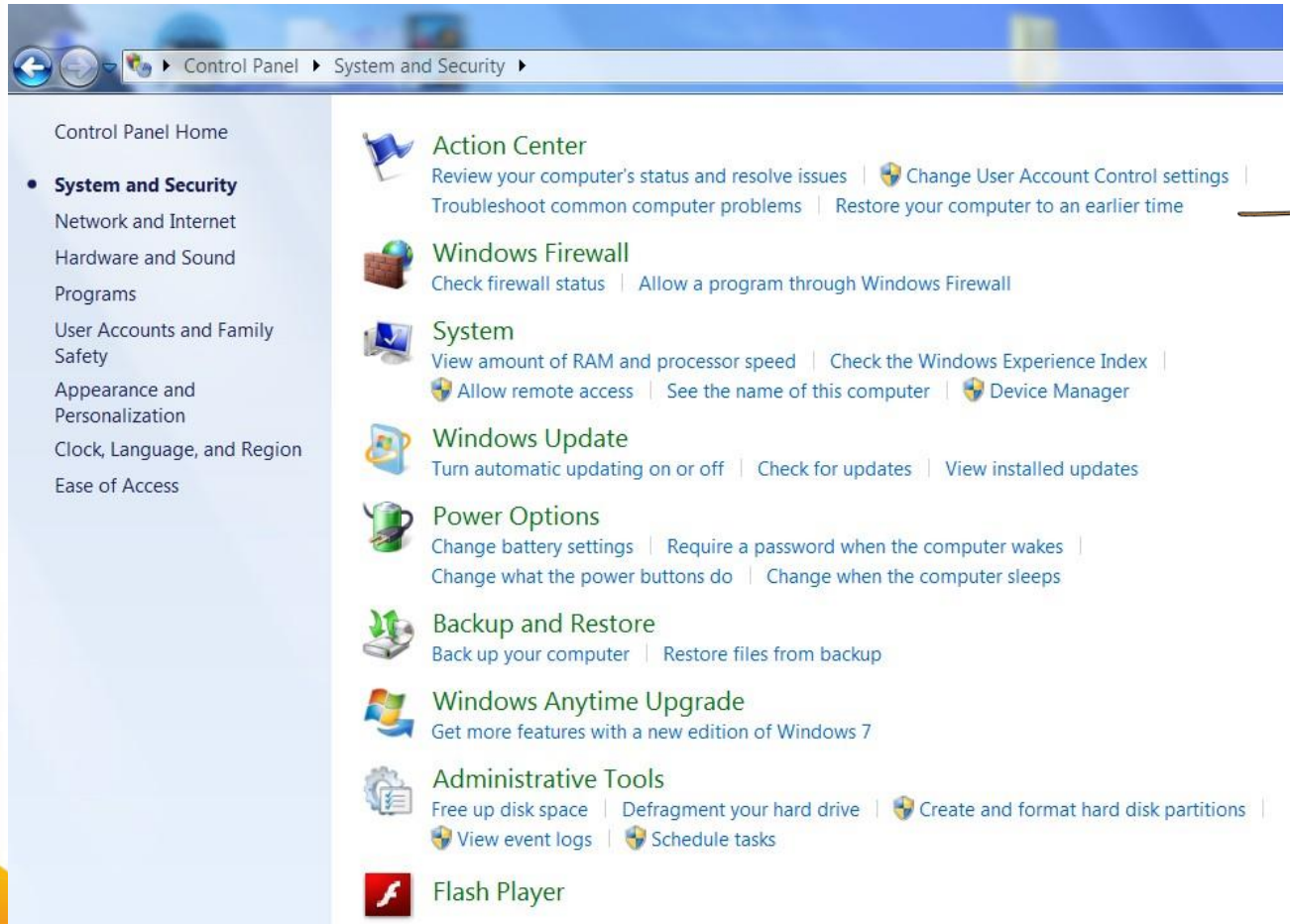
Windows 7



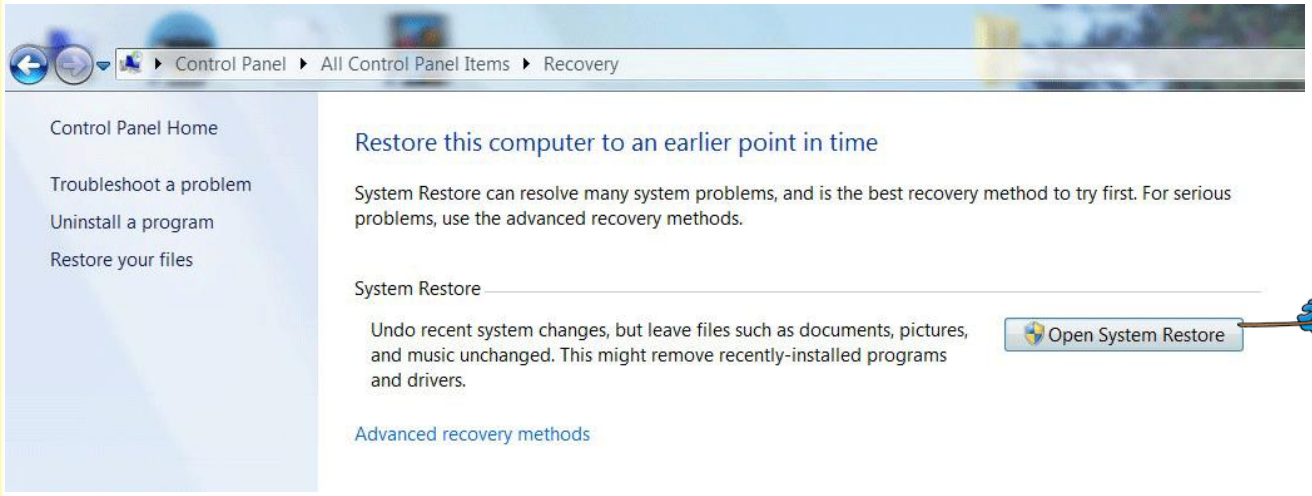
Windows 8

System Restore – cont'd

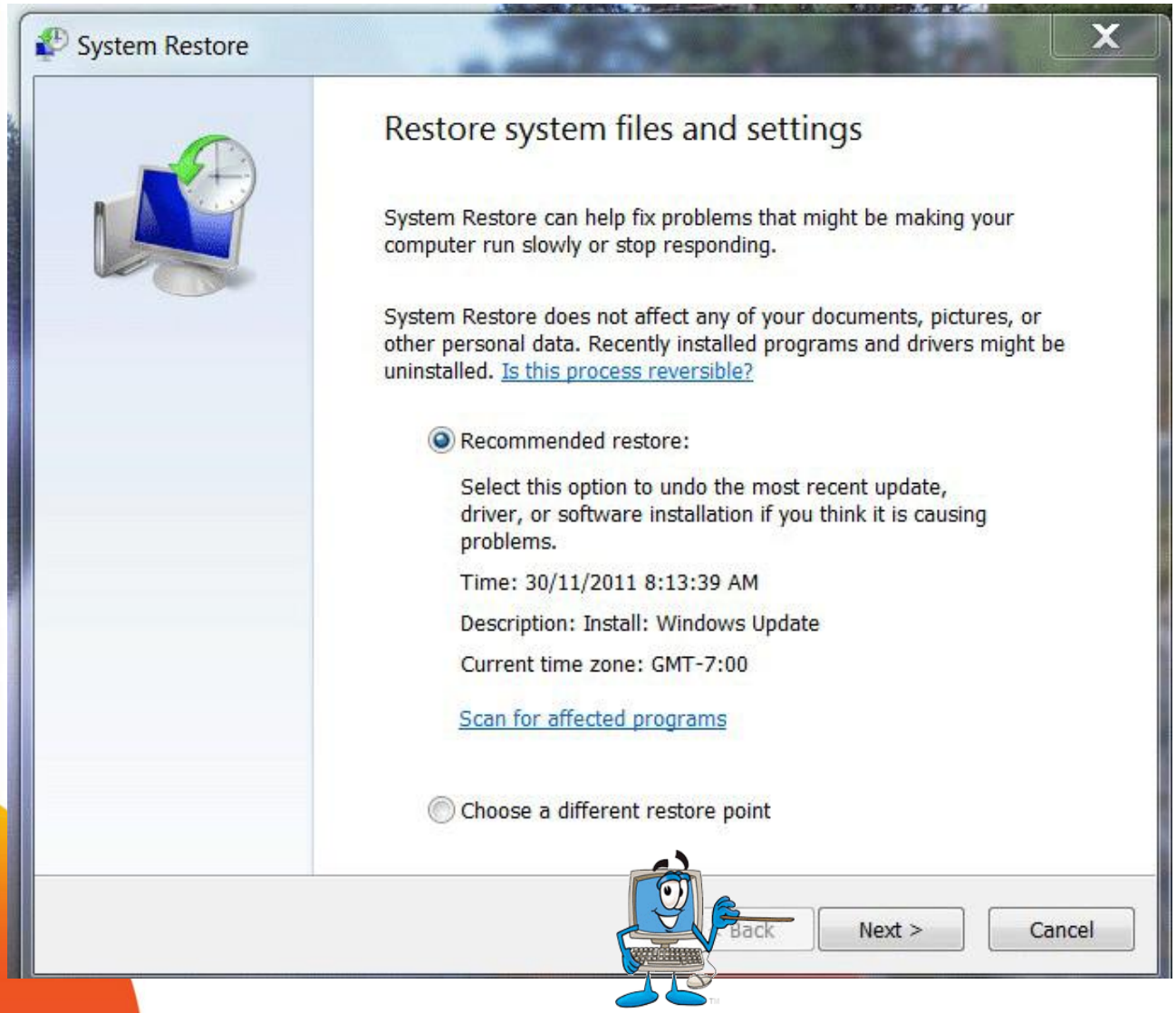
System Restore – cont'd



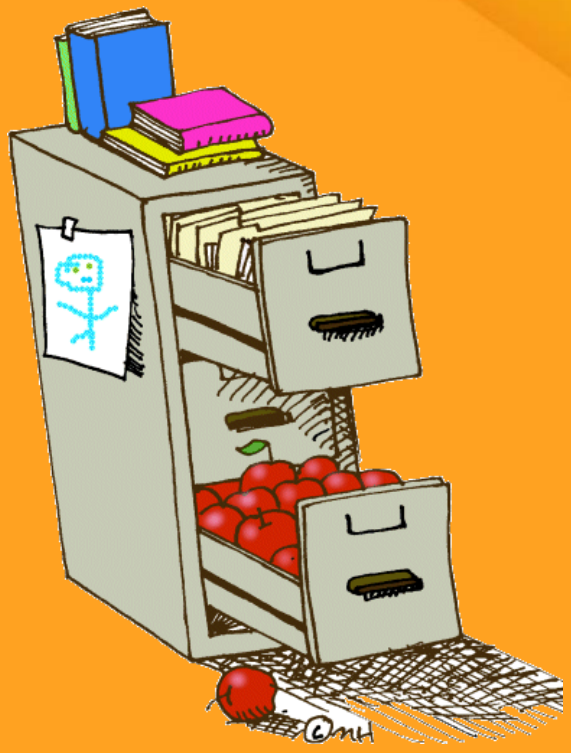
System Restore – Step 1



System Restore – Step 2



Temporary Files & Cookies



What is a Cookie?

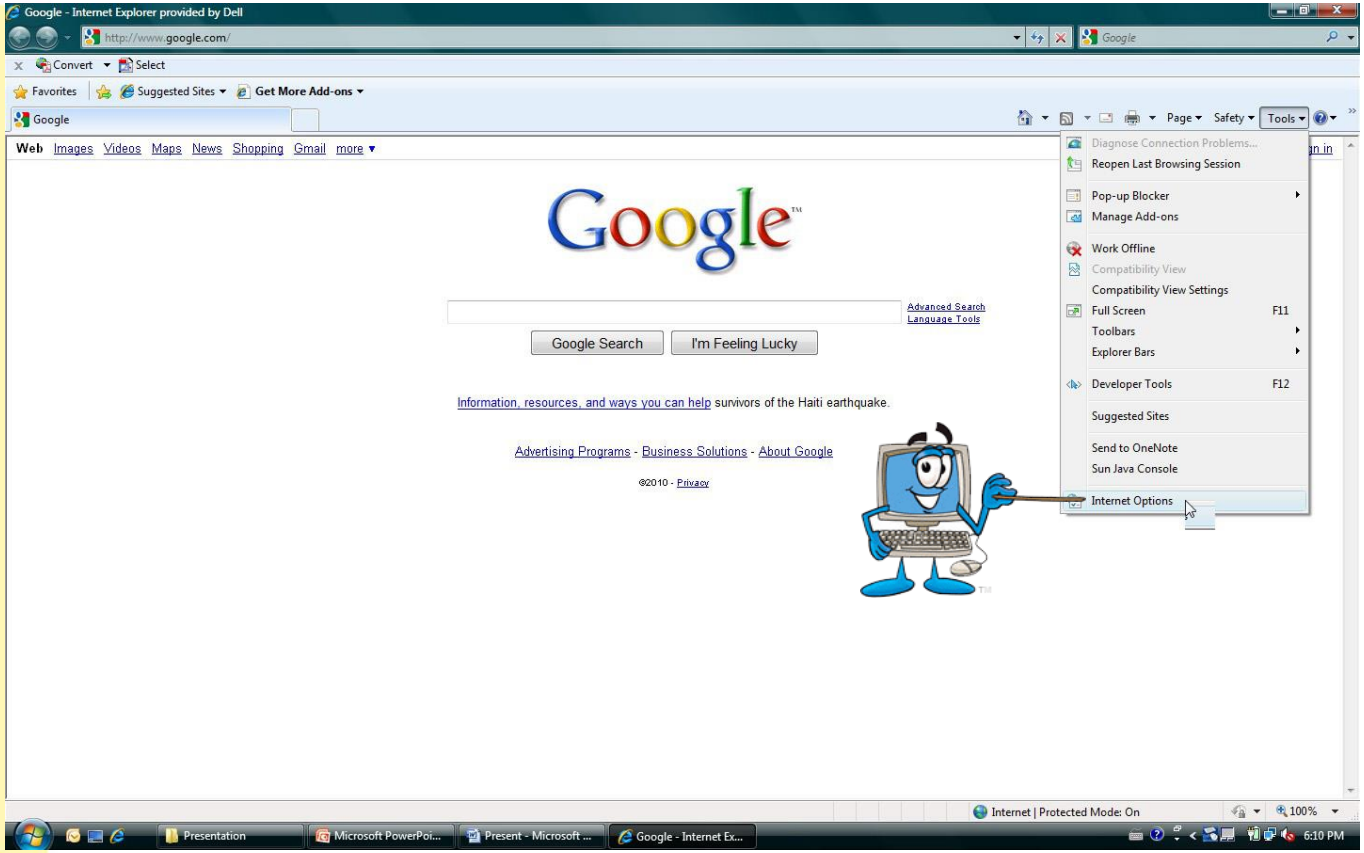
- A small text file that websites put on your computer to store information about you and your preferences.
- Websites use cookies to offer a personalized experience to users and to gather information about website use.
- Many websites also use cookies to store information that provides a consistent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

What is a Cookie? – cont'd

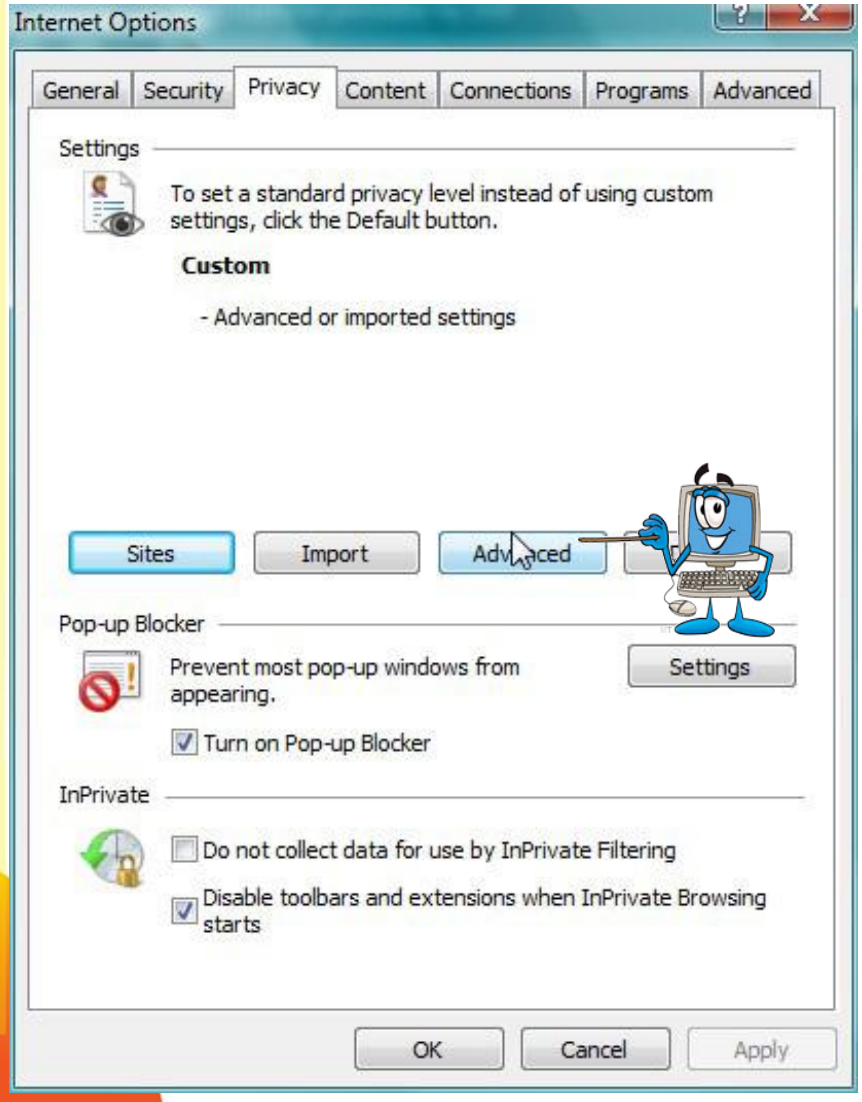
- With a trusted website, cookies can enrich your experience by allowing the site to learn your preferences or allowing you to skip having to sign in every time you go to the website.

- Some cookies, such as those saved by banner ads, might put your privacy at risk by tracking sites you visit.

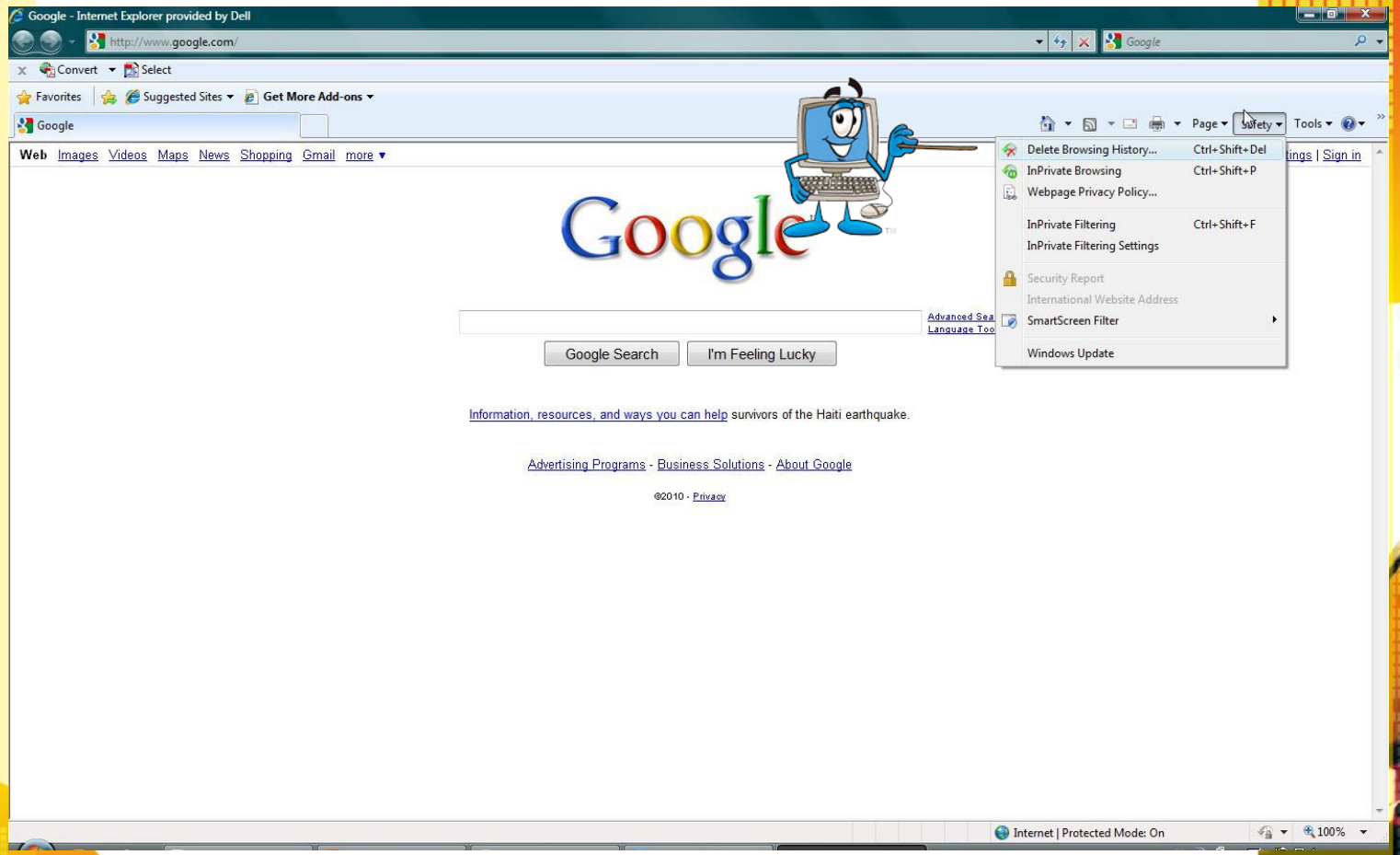
Explorer - Internet Cookies



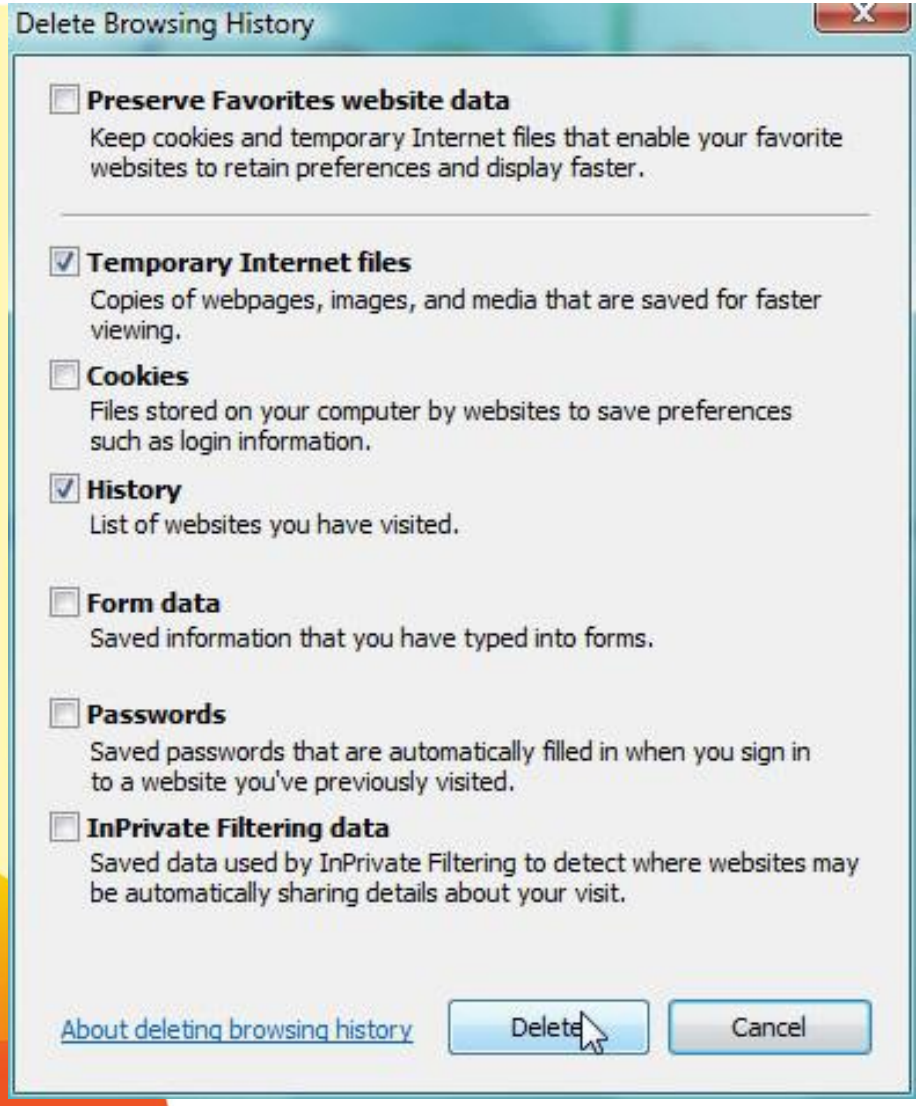
Explorer - Internet Cookies – Cont'd



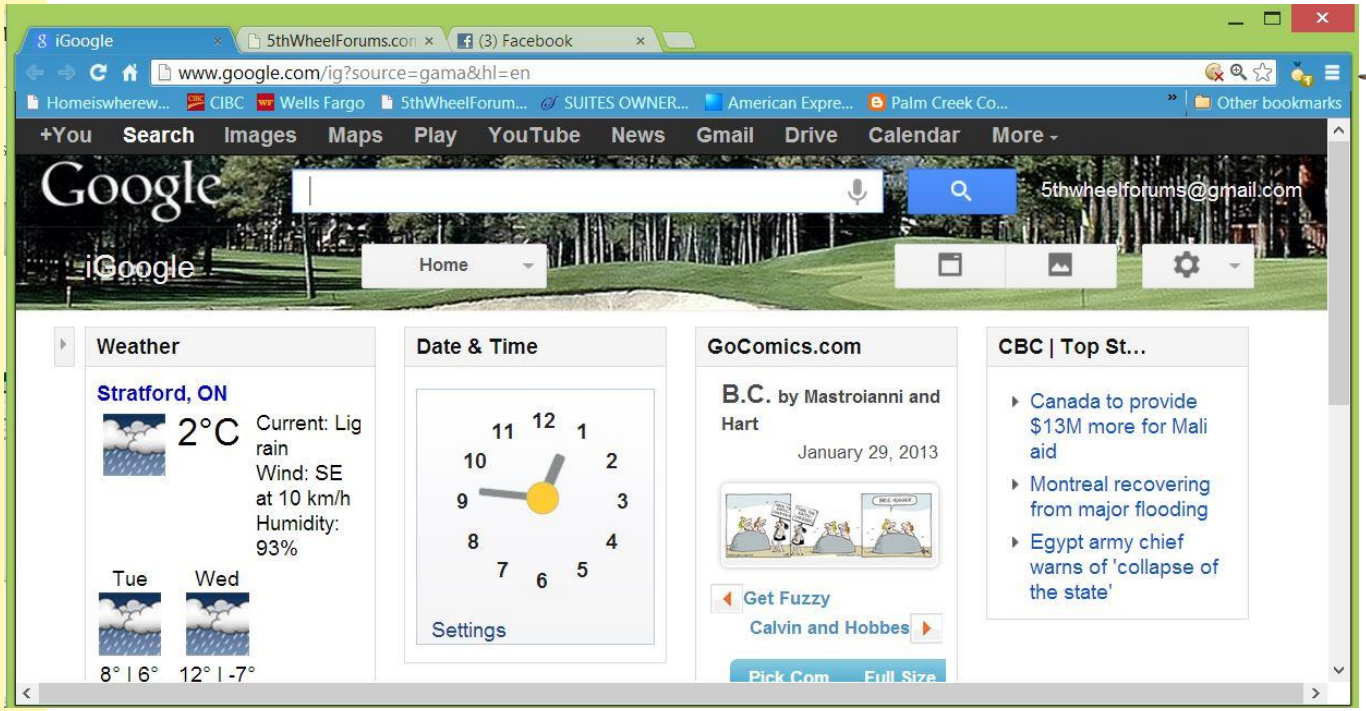
Explorer - History and Cookie Clean Up



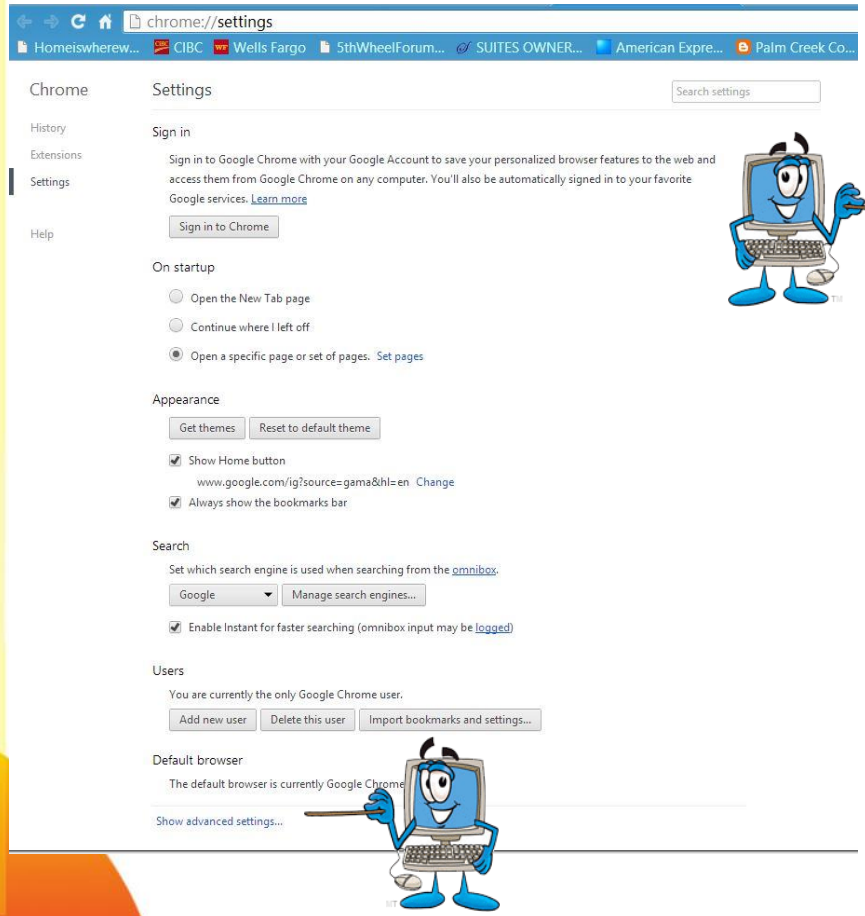
Explorer - History and Cookie Clean Up – Cont'd

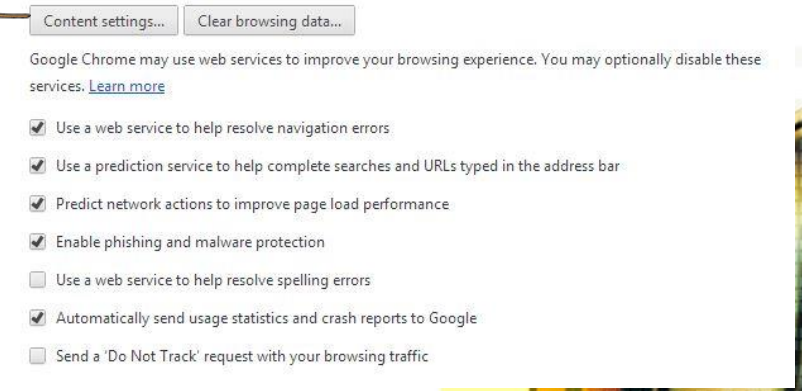


Chrome - Internet Cookies



Chrome - Internet Cookies – Cont'd





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
- [x] 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...

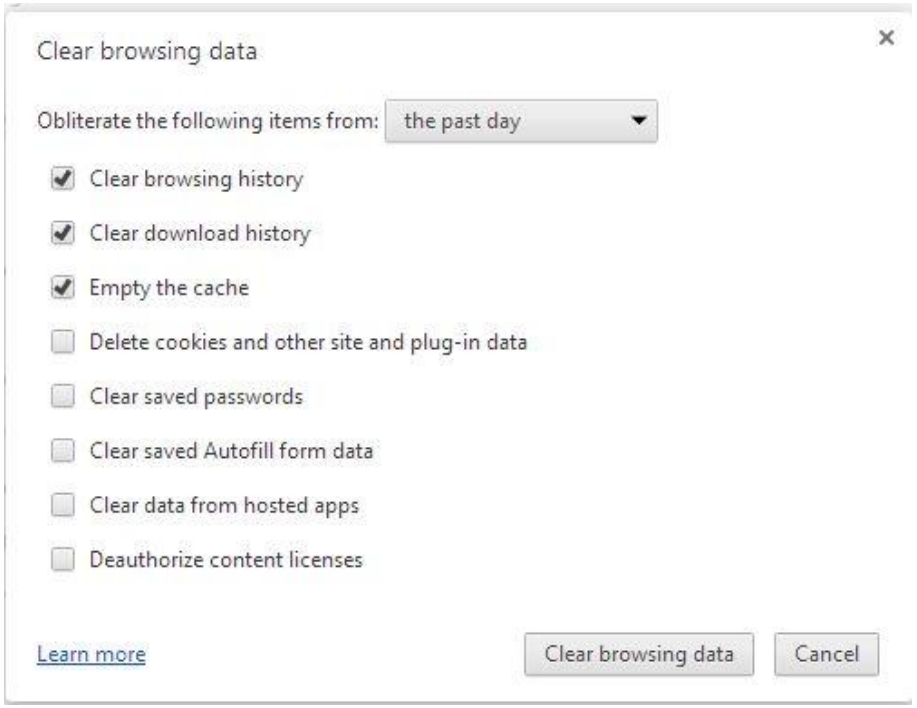
JavaScript

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

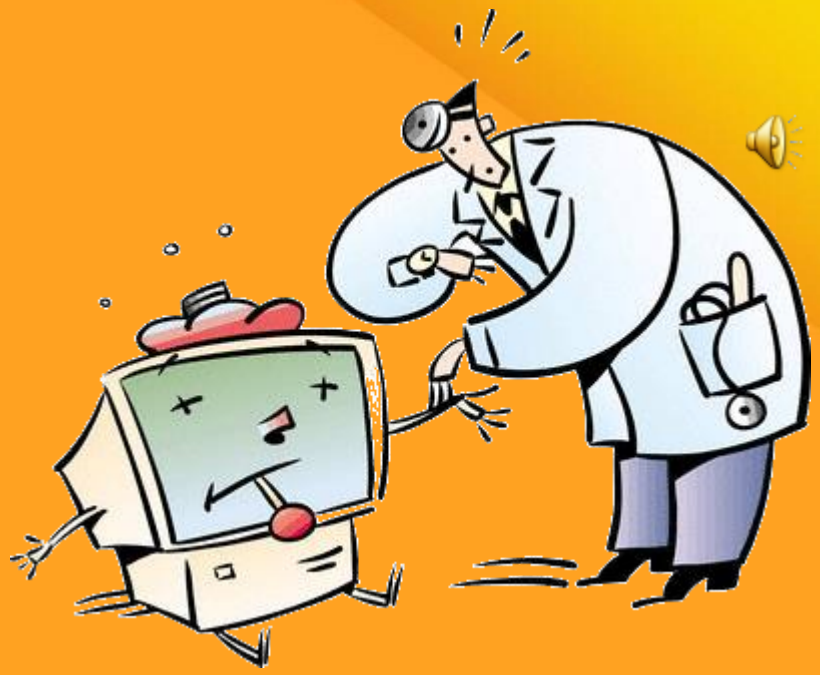
Manage exceptions...

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**

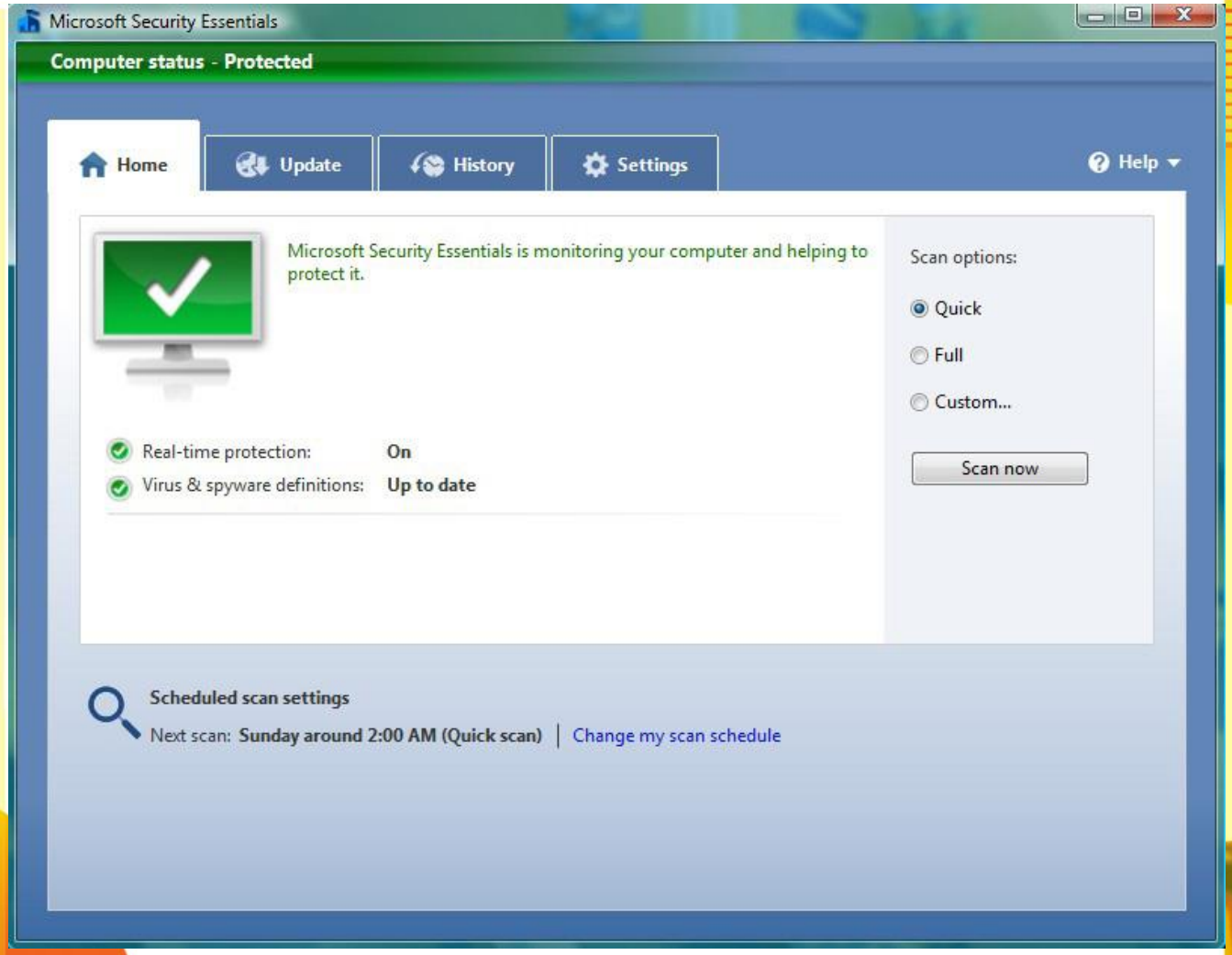
Windows 8

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

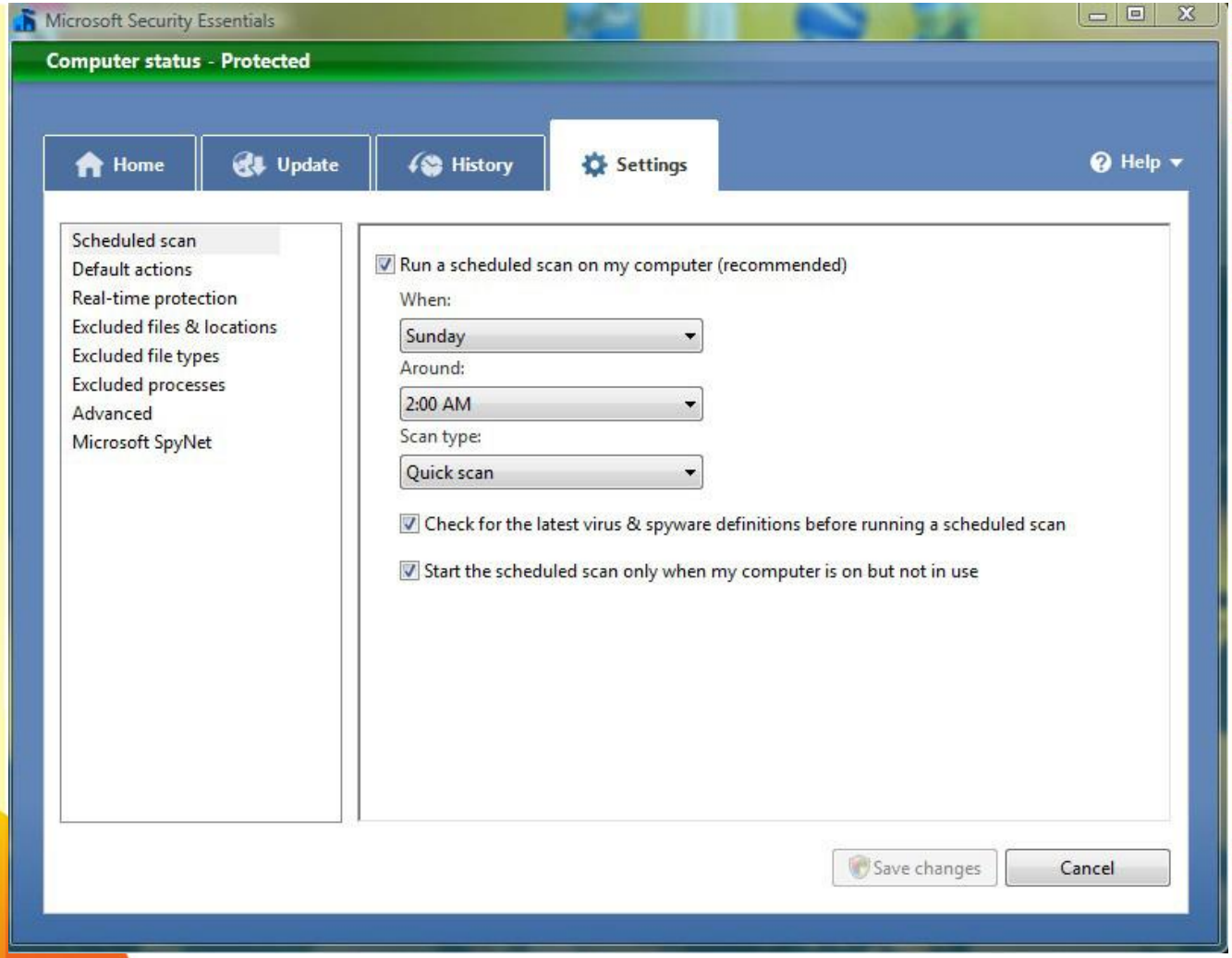
Windows 10

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

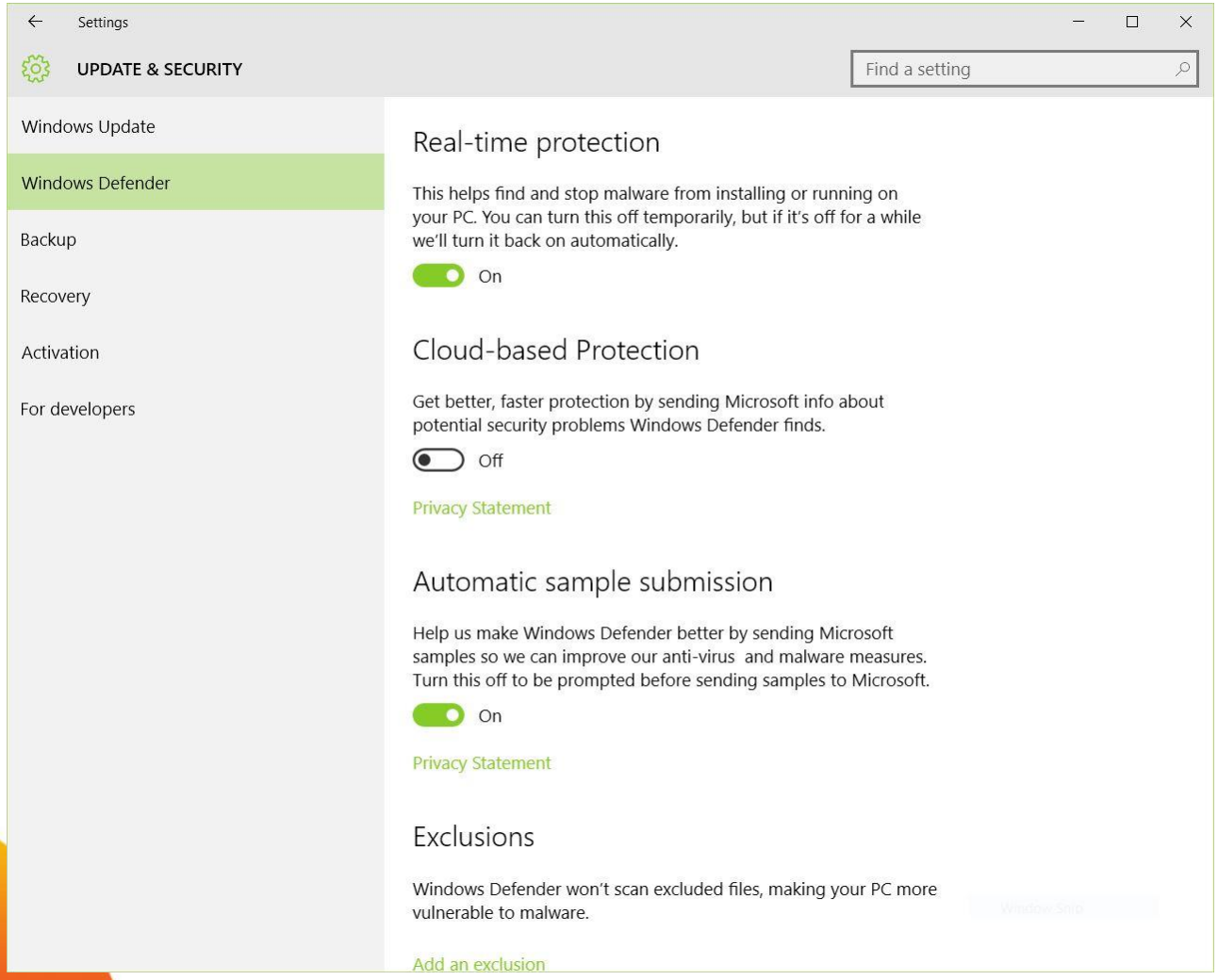
Microsoft Security Essentials



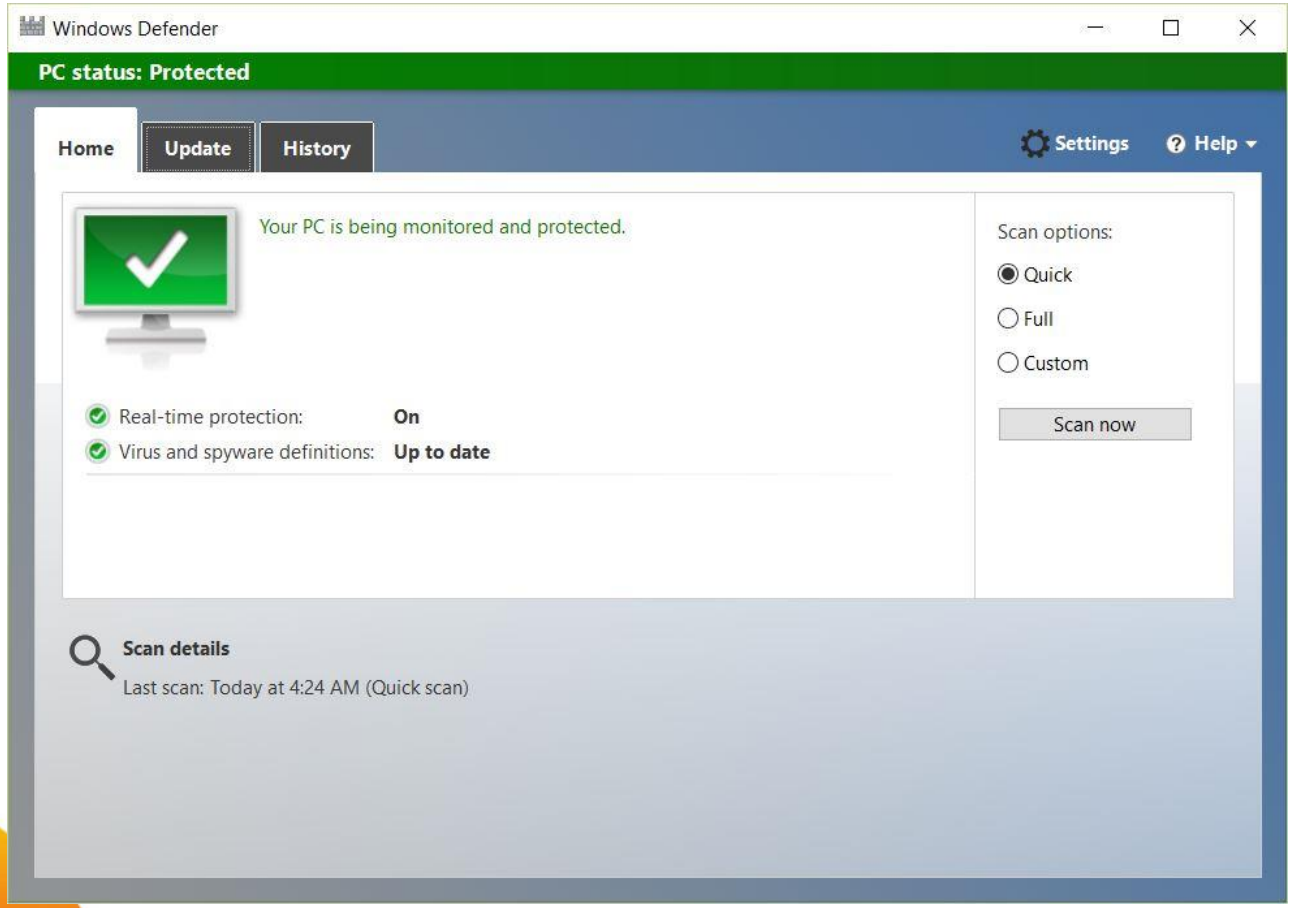
Microsoft Security Essentials



Microsoft Defender



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.

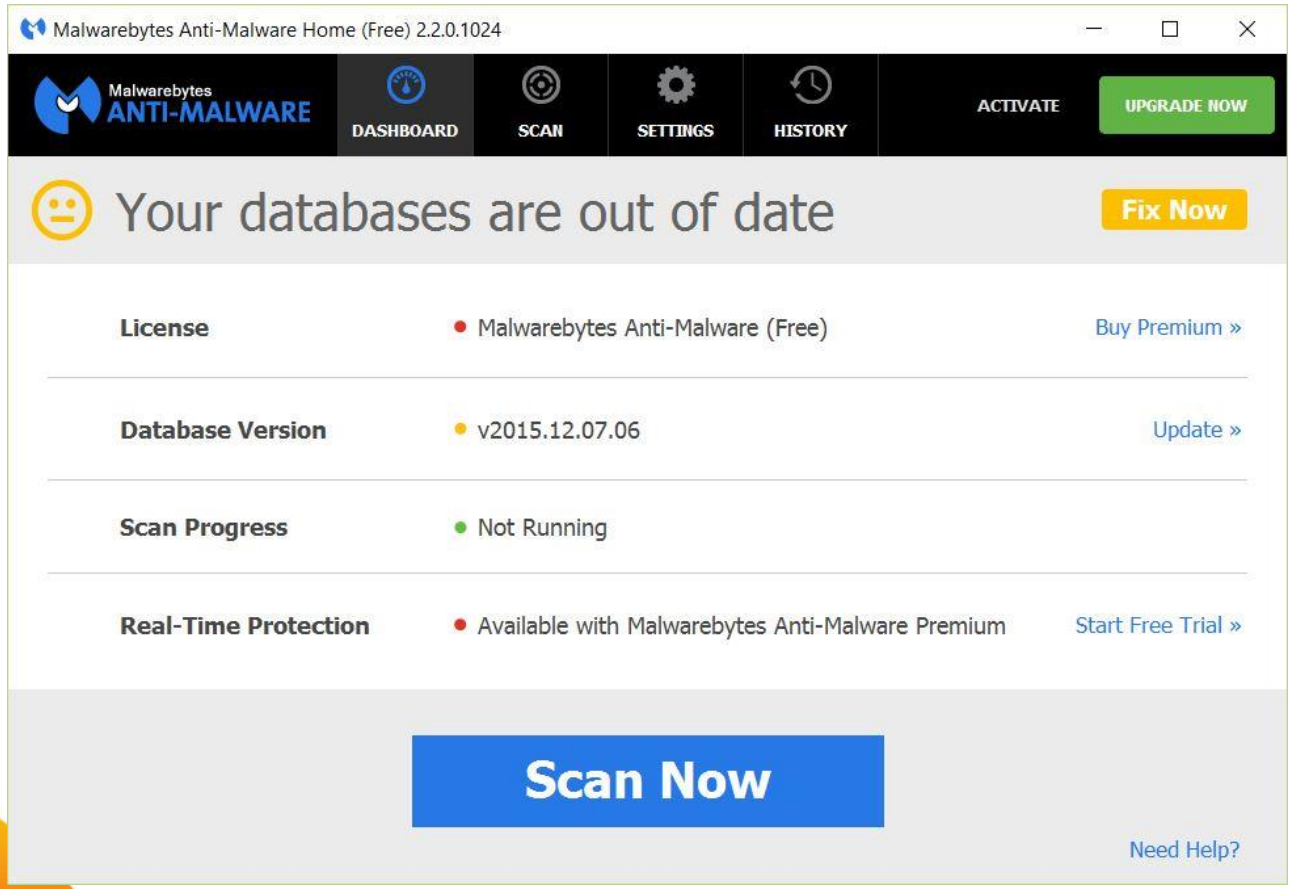
Malware

- Malware was originally created as experiments and pranks, but eventually led to vandalism and destruction of targeted machines.

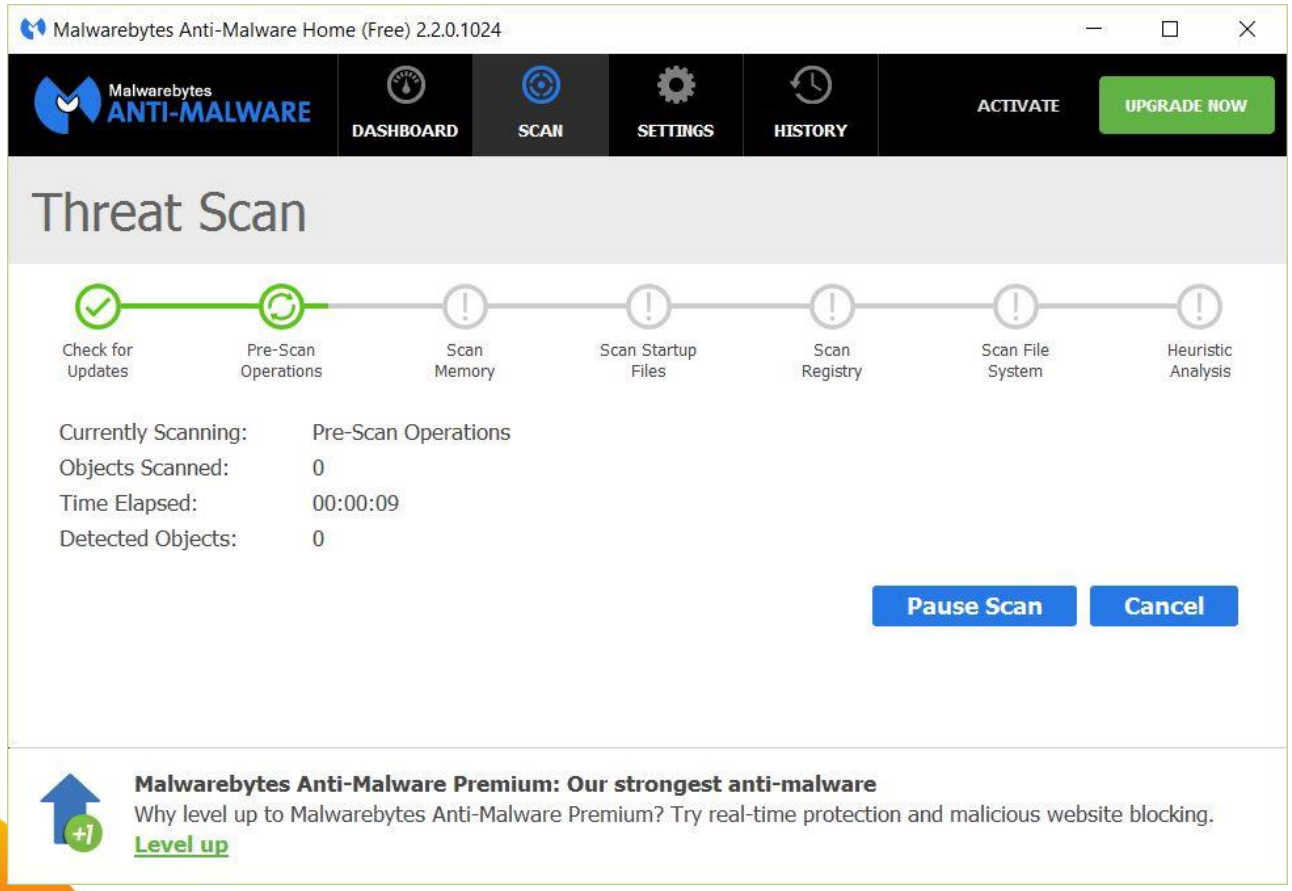
- Today, much of malware is created for profit through forced advertising (adware), stealing sensitive information (spyware), spreading email spam or child pornography (zombie computers), or to extort money (ransomware).

- 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 to 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.

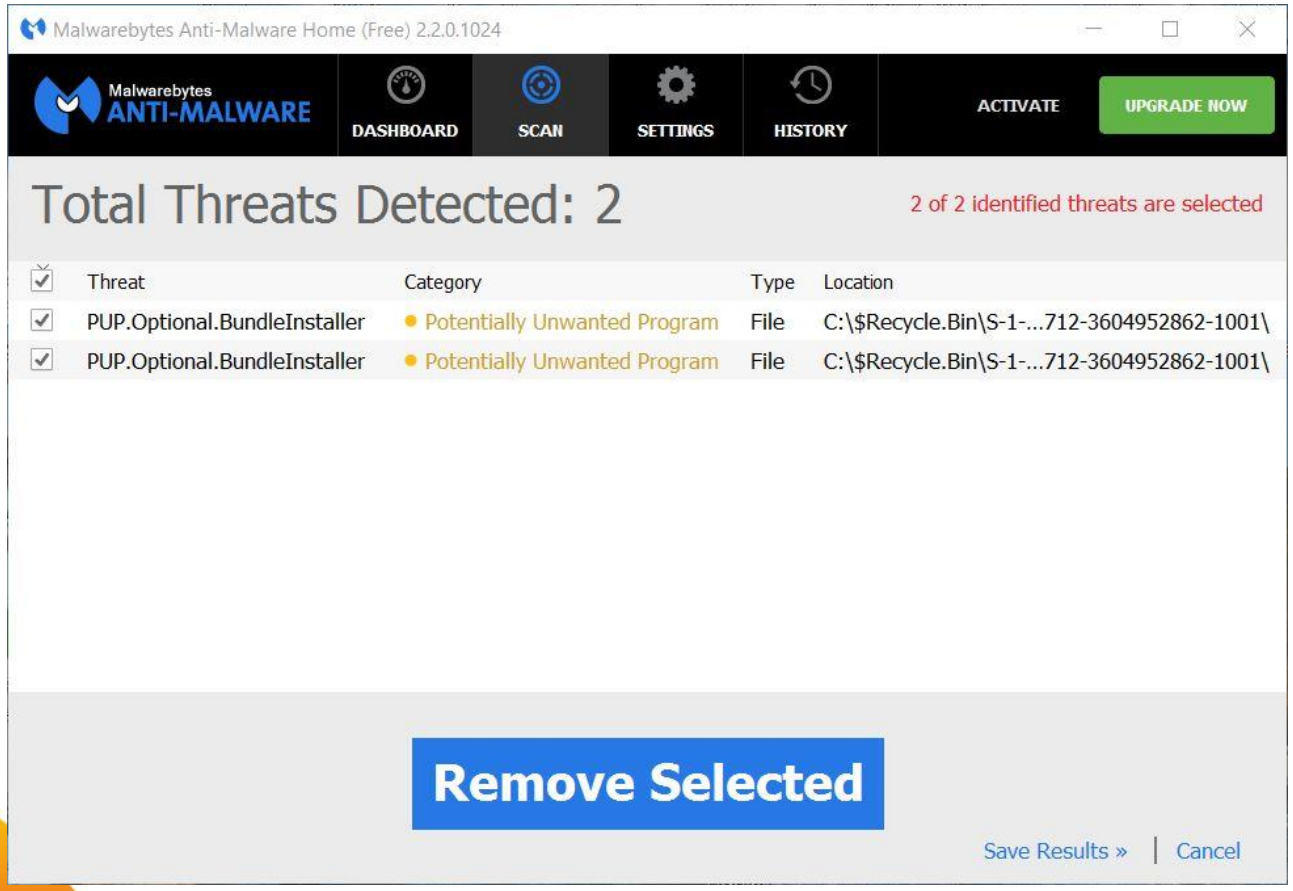
Malewarebytes



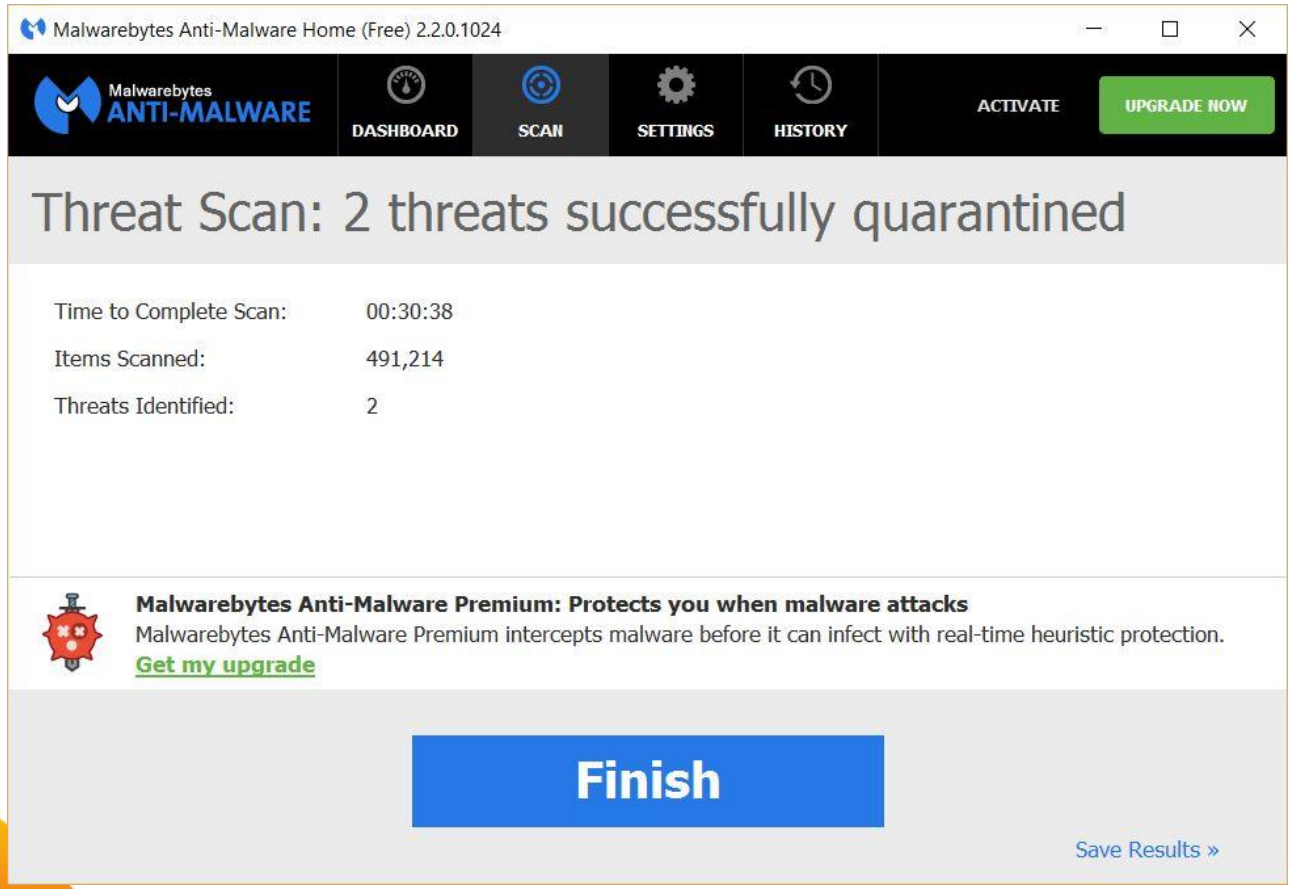
Malewarebytes



Malewarebytes



Malewarebytes



Questions?