

Protecting you Computer

How I Protect Mine

Keep the BAD Things Out

But Just in Case

**BACKUP**

**First Line of Defence**

**Anti Virus**

**I use AVG Free**

<http://free.grisoft.com>

Checks incoming Email

There are others

# Virus caught this year

AVG Free Edition - Virus Vault

Program View Action Service Information

**AVG**  
Anti-Virus  
Free Edition

Files by date  
 + Year 2007  
 Files by virus name  
 - Other viruses  
 - Internet Worms  
 - Trojan horses

S	T	Virus name	Path	Date of detecti...	Filename	File size
		Embedded executable file	Full Video.exe	1/20/2007 5:33:2...	Full Video.exe	30.66 KB
		Embedded executable file	flash postcard.exe	2/4/2007 8:51:45...	flash postcard.exe	49.4 KB
		Embedded executable file	flash postcard.exe	2/4/2007 8:51:46...	flash postcard.exe	49.4 KB
		Embedded executable file	Love Postcard.exe	4/12/2007 3:25:4...	Love Postcard.exe	50.7 KB
		Embedded executable file	postcard.exe	1/30/2007 10:57 ...	postcard.exe	44.95 KB
		Embedded executable file	postcard.exe	1/28/2007 8:19:1...	postcard.exe	49.45 KB
		Embedded executable file	News.exe	4/9/2007 7:34:05...	News.exe	50.14 KB
		Embedded executable file	Read More.exe	1/20/2007 8:04:1...	Read More.exe	26 KB
		Embedded executable file	greeting card.exe	1/24/2007 4:24:5...	greeting card.exe	50.11 KB
		Virus found I-Worm/Nuwar	Flash Postcard.exe	1/30/2007 12:07 ...	Flash Postcard.exe	49.44 KB
		Embedded executable file	Video.exe	1/21/2007 8:51:2...	Video.exe	30.66 KB
		Embedded executable file	Read More.exe	1/19/2007 2:44:2...	Read More.exe	28.66 KB
		Embedded executable file	EClea2_0.exe	3/25/2007 8:41:3...	EClea2_0.exe	2.73 MB
		Embedded executable file	Greeting Card.exe	1/27/2007 2:22:4...	Greeting Card.exe	49.45 KB
		Embedded executable file	Full News.exe	1/20/2007 6:29:2...	Full News.exe	30.66 KB
		Trojan horse Downloader.Tibs.4...	greeting postcard...	4/12/2007 9:05:1...	greeting postcard...	50.64 KB
		Embedded executable file	Read More.exe	4/8/2007 11:13:4...	Read More.exe	50.14 KB
		Embedded executable file	Full Video.exe	1/19/2007 8:53:0...	Full Video.exe	26 KB
		Embedded executable file	Greeting Postcar...	1/28/2007 11:59 ...	Greeting Postcar...	49.44 KB
		Embedded executable file	postcard.exe	2/2/2007 11:15:0...	postcard.exe	49.42 KB
		Embedded executable file	LanScanr.exe	2/16/2007 1:52:1...	LanScanr.exe	560.22 KB
		Embedded executable file	Greeting Postcar...	1/22/2007 2:10:3...	Greeting Postcar...	47.13 KB
		Embedded executable file	postcard.exe	2/8/2007 3:35:36...	postcard.exe	49.4 KB
		Trojan horse Downloader.Agent...	Full News.exe	1/20/2007 3:22:1...	Full News.exe	26 KB
		Embedded executable file	Greeting Card.exe	2/8/2007 5:40:20...	Greeting Card.exe	49.4 KB
		Embedded executable file	postcard.exe	1/29/2007 5:43:0...	postcard.exe	49.44 KB



Security status

You are fully protected. Your system is up to date and all installed components are working properly.

Component	Status	Description
<input checked="" type="checkbox"/> Anti-Virus	Internal Virus Database is up-to...	Information about status and release date of the AVG Free Virus Data...
<input checked="" type="checkbox"/> Scheduler	Next scheduled task: 11/22/20...	Automatic (scheduled) triggering of Tests and Updates.
<input checked="" type="checkbox"/> Resident Shield	Resident Shield is loaded and f...	Provides on-access scanning of executable files and documents.
<input checked="" type="checkbox"/> Virus Vault	The Virus Vault contains 26 file...	Virus quarantine, safe storage for infected files.
<input checked="" type="checkbox"/> Update Manager	Last update on 11/21/2007 9:0...	Automatic AVG Free Edition update from the Internet or local network.
<input checked="" type="checkbox"/> Shell Extension	AVG Free Edition is active in Wi...	Antivirus scanning in the Windows Explorer context menu.
<input checked="" type="checkbox"/> E-mail Scanner	E-mail Scanner is fully functional.	Scans incoming and outgoing e-mail messages.

- Test Center
- Help Topics
- Check for Updates

Attention!

Scans email, incoming programs and files etc

Do I need More?

Yes – I use 'scanner'  
programs to protect against  
anything slipping by avg



Ad-Aware is fastest I run it occasionally



- Search & Destroy
- Recovery
- Immunize
- Update

### Immunize

Protect yourself before threats find their way into your system.

- Immunize
- Check again
- Undo
- Help



This page allows you a few preventive measures against spyware. Using the permanent immunity is recommended as well as the download blocker as a second protection layer.

[Hide this information](#)

#### Permanent Internet Explorer immunity

Status: Check for protection has finished.



38704 bad products already blocked, 1014 additional protections possible. Please immunize.

#### Permanently running bad download blocker for Internet Explorer




Browser Helper to block bad downloads is installed.

Enable permanent blocking of bad addresses in Internet Explorer

Block all bad pages silently.

**Warning**

 38704 bad products already blocked, 1014 additional protections possible. Please immunize.

OK

# Spybot Blocks BAD Websites

- Spybot-S&D
- Search & Destroy
- Recovery
- Immunize
- Update
- Settings
- Tools
- Info & License

## Search & Destroy

Scan for problems and remove them.



This is the main scan page of Spybot-S&D. Here you scan your system ("Check for problems" button) and fix any problems found ("Fix selected problems" button). Hint: if you haven't done so yet, we recommend you read the tutorial (see Help menu) to learn how to deal with the scan results.

[Hide this information](#)

Problem	Kind
<input checked="" type="checkbox"/> <b>CasaleMedia</b>	<b>7 entries</b>
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMID)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMJ)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPS)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPP)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPH)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMFP)	Cookie
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMX3)	Cookie
<input checked="" type="checkbox"/> <b>DoubleClick</b>	<b>1 entries</b>
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .doubleclick.net/ (id)	Cookie
<input checked="" type="checkbox"/> <b>MediaPlex</b>	<b>1 entries</b>
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .mediaplex.com/ (sy...)	Cookie
<input checked="" type="checkbox"/> <b>Statcounter</b>	<b>1 entries</b>
<input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .statcounter.com/ (session_500480)	Cookie

Results of a scan  
 Tracking Cookies are not really harmful -they keep tabs on your browsing

# Search & Destroy

Scan for problems and remove them.

- Check for problems
- Fix selected problems
- Print
- Help



This is the main scan page of Spybot-S&D. Here you scan your system ("Check for problems" button) and fix any problems found ("Fix selected problems" button). Hint: if you haven't done so yet, we recommend you read the tutorial (see Help menu) to learn how to deal with the scan results.

[Hide this information](#)

Problem	Kind
<input checked="" type="checkbox"/> <b>CasaleMedia</b>	<b>7 entries</b>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMID)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMJ)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPS)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPP)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMPH)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMFP)</li> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .casalemedia.com/ (CMX3)</li> </ul>	<ul style="list-style-type: none"> <li>Cookie </li> <li>Cookie </li> <li>Cookie </li> <li>Cookie </li> <li>Cookie </li> <li>Cookie </li> <li>Cookie </li> </ul>
<input checked="" type="checkbox"/> <b>DoubleClick</b>	<b>1 entries</b>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .doubleclick.net/ (jid)</li> </ul>	<ul style="list-style-type: none"> <li>Cookie </li> </ul>
<input checked="" type="checkbox"/> <b>MediaPlex</b>	<b>1 entries</b>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .mediaplex.com/ (svid)</li> </ul>	<ul style="list-style-type: none"> <li>Cookie </li> </ul>
<input checked="" type="checkbox"/> <b>Statcounter</b>	<b>1 entries</b>
<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Tracking cookie (Firefox: default) Firefox (default): .statcounter.com/ (session_500480)</li> </ul>	<ul style="list-style-type: none"> <li>Cookie </li> </ul>

# Provides ability to 'fix' suspects

a-squared Free 3.0

EMSI SOFTWARE

A-SQUARED FREE

English (USA)

## Security Status

**Malware-Scanner**

Last Malware-Scan:	25.10.07 18:23	<a href="#">Scan now</a>
Detected objects total:	96	<a href="#">Reset counter</a>

**a-squared Free**

Last update:	21.11.07 13:29	<a href="#">Update now</a>
Version:	3.0.0.362	<a href="#">Updater settings</a>
Malware Signatures:	965,651	
License:	Freeware	

**a-squared online:**

- > [a-squared homepage](#)
- > [Support center](#)
- > [Discussion forum](#)
- > [Security articles](#)
- > [Submit a suspect file](#)

**a-squared news:**

- > [Mamutu 1.0 released!](#)
- > [Beta-Test Invitation: Mamutu 1.0 BETA](#)
- > [A Story About Government Malware - The Federal Trojan](#)
- > [a-squared HiJackFree 3.0 released!](#)

**Tip: a-squared Anti-Malware**

Try your free 30 day trial version of a-squared Anti-Malware today to convince yourself about the awarded background guard protection it provides against new infections!

[Download Trial Now!](#)      [Order online - only \\$ 39.95!](#)

-- Close --

A-Squared is the slowest scan I use

Why so many “scanners” -  
One may catch something  
another misses

The addresses to download  
these programs are on the  
Bits Bytes web site

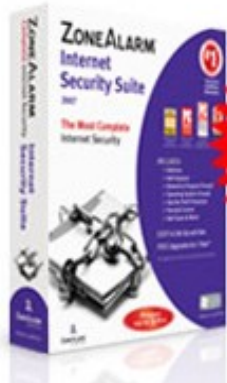
Suppose I get a virus – what  
protects my information from  
“getting out”

**ZONE ALARM**

## ZoneAlarm® Downloads

**FREE Upgrade to ZoneAlarm® Internet Security Suite with TrialPay**

**ZoneAlarm® Firewall**



**WAS \$49.95  
NOW FREE**

**FREE Security Suite with TrialPay**

**Get Comprehensive PC Protection**

- Network and Program Firewall
- Operating System Firewall
- Antivirus Protection
- Anti-Spyware Protection
- Identity Theft
- Wireless PC Protection

**Get Basic PC Protection**

- Basic Firewall Or

**ZoneAlarm® Firewall**



**How it works?**



You will get a copy of fully licensed ZoneAlarm Internet Security Suite for free through our partnership with TrialPay. Try or buy products you already need from hundreds of name brand retailers and THEY will pay for your software.

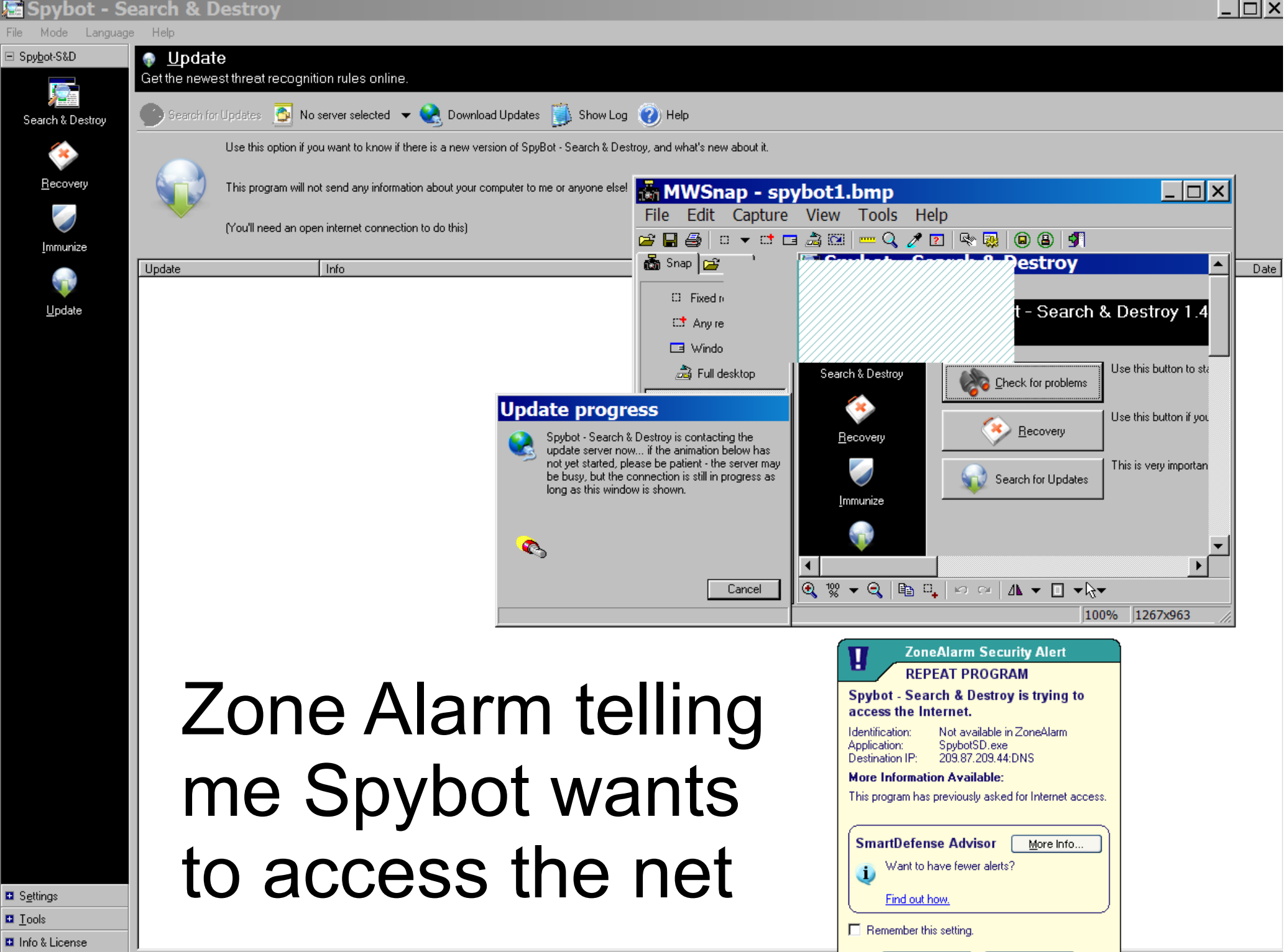
**Windows 2000/XP/Vista** System Requirements

**This is the one you want**

Even if you have a Router

Routers stop unmasked  
incoming but not outgoing  
traffic





Zone Alarm telling me Spybot wants to access the net

**ZoneAlarm Security Alert**  
**REPEAT PROGRAM**  
**Spybot - Search & Destroy is trying to access the Internet.**

Identification: Not available in ZoneAlarm  
Application: SpybotSD.exe  
Destination IP: 209.87.209.44:DNS

**More Information Available:**  
This program has previously asked for Internet access.

**SmartDefense Advisor** [More Info...](#)

**i** Want to have fewer alerts?  
[Find out how.](#)

Remember this setting.

[Allow](#) [Deny](#)

If things go wrong you need

**RESTORE and BACKUP**



The following calendar displays in bold all of the dates that have restore points available. The list displays the restore points that are available for the selected date.

Possible types of restore points are: system checkpoints (scheduled restore points created by your computer), manual restore points (restore points created by you), and installation restore points (automatic restore points created when certain programs are installed).

1. On this calendar, click a bold date.
2. On this list, click a restore point.

November, 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	<b>22</b>	<b>23</b>	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

November 23, 2007

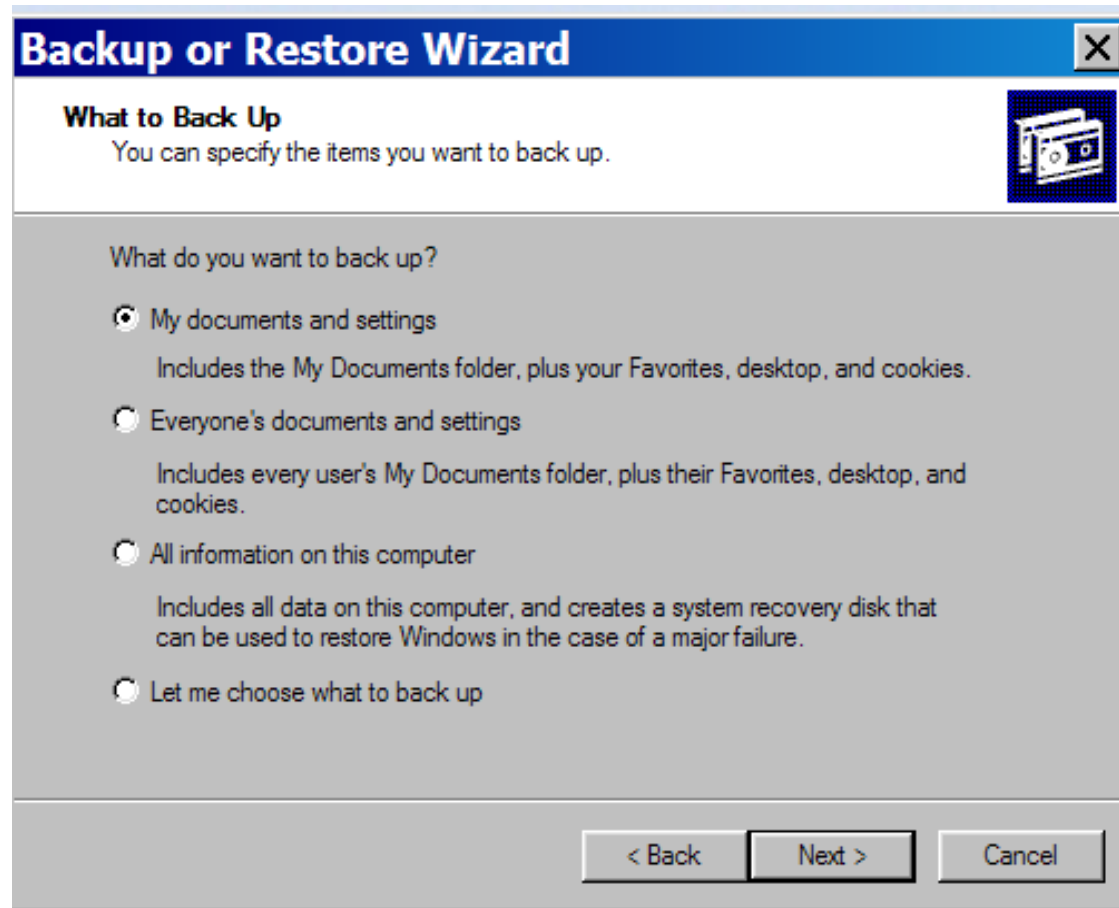
There are no restore points created yet for this day. To restore immediately, pick another day and restore point, and then try again.

Pgms>Accessories>SystemTools

“System Restore”

You can take a checkpoint or use a system created one

# BACKUP



This is from NTBackup also found in System Tools (if installed)

Part of XP Pro - XP Home Users  
Install from Windows Install CD

Double-click the Ntbackup.msi file  
in the following location on the  
Windows XP Home Edition CD-ROM  
to start a wizard that installs Backup:  
*CD-ROM Drive*

`\VALUEADD\MSFT\NTBACKUP`

You can backup using other programs  
even by copying files

Backup deserves a full hour in itself  
– but if you value your data be sure  
you have a copy of it