



## Teleseminar Notes

# Protect Your Computer and Your Business

*Proper computer security has four main components.*

1. Anti-virus software; must be a "current year" version, not just last year's version with an active subscription! (This is critical.)
2. Anti-spyware software; these programs look for many types of malicious software. Keep two or three active all the time.
3. Software firewall; a program that operates as a "police officer" on your computer. (Windows XP SP2 (service pack 2, the biggest security upgrade from Microsoft) includes one. It is free, but not the best available.
4. Hardware firewall; the "router" that lets you share your Internet connection has security capabilities and acts as a firewall. It can keep your computer "invisible" to the Internet.

### **Additional step for wireless networks (and wired networks):**

1. Make sure wireless encryption is turned on.
2. Set your wireless so it does not "broadcast" your network "identifier".
3. For all networks, turn off "file sharing".
4. Use passwords for every computer account, including the built in administrator account; at least eight characters, with numbers and special characters. Think "passphrase". A space counts as a "special character" so a good password could be something like, "I LOVE COOKIE\$". Change the letter "o" to zero, "s" to \$, "e" to 3 and "l or i" to 1.

**JEANNIE'S FAVORITE SECURITY SOFTWARE FOR PC'S:**

AVG by Grisoft. [www.grisoft.com](http://www.grisoft.com) <<http://www.grisoft.com>> (free version for home use). Also has a new version with firewall capabilities. Just started testing it, I like it.

Other than the new AVG firewall, which makes a nice package with the anti-virus program, ZoneAlarm by zonelabs ([www.zonelabs.com](http://www.zonelabs.com) <<http://www.zonelabs.com>> ) is the best firewall. Free version for home use. I don't recommend their Internet Security version, though. Slows down XP. Okay for Windows 2000.

Excellent spyware programs: (good spyware programs will also catch Trojan horses, which are innocent looking programs with viruses hidden in them)

PestPatrol (not free, but superb protection). [www.pestpatrol.com](http://www.pestpatrol.com)  
<<http://www.pestpatrol.com>>

Ad-Aware by Lavasoft. [www.lavasoft.com](http://www.lavasoft.com) <<http://www.lavasoft.com>> (free, excellent program).

Spybot Search and Destroy (free, excellent program). <http://www.safer-networking.org/en/>

BackUpMyPC by Stompsoft (excellent automatic backup program; easy to use, about \$40.00 at Fry's Electronics or Staples). [www.stompsoft.com](http://www.stompsoft.com)  
<<http://www.stompsoft.com>>

*IMPORTANT NOTE about security software: you MUST have a good data backup before installing and running these programs! The cleanup process on an infected machine can be very destructive.*

**MAC SECURITY:**

Much less vulnerable to viruses than Windows PC's. Norton (Symantec) makes a Macintosh version of their programs.

ht <<http://macscan.securemac.com/>> [tp://macscan.securemac.com/](http://macscan.securemac.com/)  
<<http://macscan.securemac.com/>> I haven't tried this ... obviously. I can also check with one of my Mac resources for suggestions.

<http://antivirus.about.com/cs/allabout/tp/aamacvir.htm>

<http://www.mac-net.com/266089.page> This site gives a good basic explanation of "spyware". It gives links to three other sites, one of which is [macscan.securemac.com](http://macscan.securemac.com), listed above; one is [www.macintoshsecurity.com](http://www.macintoshsecurity.com) <<http://www.macintoshsecurity.com>> , which appears to be owned by the "macscan" people and the third is no good anymore.

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