

## Monthly Computer Maintenance

### Keeping Out the Bad Stuff:

1. Update the Anti-Virus Definitions and check the program status.
2. Run a full Anti-Virus Scan of the computer.
2. Make sure that the Firewall is turned on.
4. Update Ad-Aware SE Personal and Spybot Search & Destroy.
5. Run Ad-Aware SE Personal and Spybot Search & Destroy.

### Keeping Windows Healthy:

6. Obtain critical Windows updates.
7. Run the Disk Defragmenter if your computer has had heavy use.