

# Preventive Maintenance For Your PC



## **Computer Maintenance for Small Business and Home Users Alike**

- Learn to BACK UP and SPEED UP your computer
- The differences between Spyware, Malware, Trojans, Viruses and Worms
- Learn what Phishing is and how to avoid it
- Learn about FREE programs that are available to rid your computer of Spyware, Malware and Viruses
- Downloading programs from the Internet
- Backing up your important files
- Learn what a Restore Point is and how to create one
- Create a Monthly Maintenance schedule
  - Updating and running Anti-Spyware programs
  - Updating and running Anti-Virus programs
  - Deleting Temporary Internet Files
  - Deleting History
  - Deleting Cookies
  - Disk Clean Up
  - Disk Defrag