

WE ARE HERE TO SERVE YOU!

This brochure will teach you the following:

- The types of viruses and malware that are dangerous to your computer system
- Cost-effective ways of preventing dangerous virus-related problems from affecting your system
- What email attachments to avoid
- Available Internet resources that will help you maintain a healthy computer system

**More money-saving resources can
be found at the**

**WCS Inc. Computer Fitness Club
[www.wcsfitclub.com!](http://www.wcsfitclub.com)**

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Maintaining a Healthy Computer System



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Maintaining A Healthy Computer System

The internet is a major source of information and multiple resources. Its applications affect many areas including education, research, recreation, travel, sports, fashion, media and politics. With this beneficial technology arises the need to be aware of



internet activity that can be harmful to your computer. This pamphlet

describes the various types of spyware, adware and viruses that can do harm to your computer, and also preventive measures you can take to save time and money from malware- and virus-triggered computer problems.

Important Definitions

Virus - a small piece of software that piggybacks on real programs. For example, a virus might attach itself to a program such as a spreadsheet program. Each time the spreadsheet program runs, the virus runs, too, and it has the chance to reproduce. Computer viruses are called viruses because they share some of the traits of biological viruses. A computer virus passes from computer to computer like a biological virus passes from person to person.

Important Definitions, cont...

E-mail viruses - An e-mail virus moves around in email messages, and usually replicates itself by automatically mailing itself to dozens of people in the victim's e-mail address book.

Worms - A worm is a small piece of software that uses computer networks and security holes to replicate itself. A copy of the worm scans the network for another machine that has a specific security hole. It copies itself to the new machine using the security hole, and then starts replicating from there, as well.

Trojan horses - A Trojan horse is simply a computer program. The program claims to do one thing (it may claim to be a game) but instead does damage when you run it (it may erase your hard disk). Trojan horses have no way to replicate automatically.

Malware - software intended to damage or disable a computer system; short for malicious software.

Spyware - programs that gather data from a computer and make the data available to others

Adware - advertising-supported software which can monitor browsing activity in order to target the display of advertising.

Maintenance and Prevention



If your computer is connected to the internet, following the below steps can ensure that your computer will remain virtually free of virus and malware. If your computer does catch a virus, take measures to get rid of it **immediately**, the longer the virus is in your computer system the more damage it may cause.

1. Purchase virus protection software
2. Update your antivirus software when updates are available. These updates are free and

found on the antivirus software website. Your computer may also be set up to prompt you to make automatic updates.

3. Update spyware and adware definitions weekly. Adaware/Spyware software can be downloaded for free at LavaSoft www.lavasoft.com and Download.com www.download.com
4. If you have a Microsoft powered operating system (ME, 2000, XP), download service patches when they are available. They may be downloaded for free at the Microsoft website www.microsoft.com
5. Avoid running programs from unknown internet sources
6. Make sure Macro Virus Protection is enabled in all Microsoft applications and NEVER run macros in a document unless you know what they do.
7. Never double-click on an email attachment that contains an executable (.EXE, .COM or .VBS). Attachments that come in as Word files (.DOC), spreadsheets (.XLS), images (.GIF and .JPG), etc., are data files and they can do no damage. An executable can do any sort of damage it wants to your system.

Sources:

How Stuff Works:
<http://computer.howstuffworks.com/virus1.htm>
Spyware&Adware: Basics & 2Q-2005 Suggestions For Affected Windows Desktops (AITP Pittsburgh Chapter)

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