

Home Software Recommendations

KTC Cyber Security Program

Windows Updates

Use Windows Update to apply all Critical Updates:

- Go to Start, Windows Update (or Start, Control Panel, Windows Update)
- Scan for Updates
- Review & Install Updates
- Install Now

If you haven't updated your machine in a while you may be prompted to install the latest version of the Windows Update software. Follow the prompts.

It is recommended that you use Windows Update to check for critical updates frequently - weekly is best.

OR

Set up your computer to get updates automatically

- Right click on My Computer, select Properties
- Click Automatic Updates tab; click to check the box "Keep my computer up to date"; select the option "Automatically download the updates, and install them on the schedule that I specify."



Antivirus Software

Most Important – Regardless of which software you use, keep it up to date weekly!

- Purchase software from reputable antivirus providers such as those listed on Microsoft's site at:
<http://www.microsoft.com/security/protect/windowsxp/antivirus.asp>

OR

- Download free software such as AVG Antivirus from Grisoft. Here is the link to the free version: http://www.grisoft.com/us/us_dwnl_free.php
- AntiVir –Another good free virus scanner <http://www.free-av.com/>

Antivirus Stingers

- Stingers, Fixers –A powerful and free solution to specific threats. These are tools that fix or remove viruses after you are infected. Note you do not have to be using the same brand virus protection as the Stinger.

From McAfee
From Symantec
From AVG

<http://vil.nai.com/vil/stinger/>
<http://securityresponse.symantec.com/avcenter/tools.list.html>
www.grisoft.com and look for Removal Tool

Firewall Options

1) Firewall hardware products – recommended if you have broadband. Here is an example of one you might consider:

- http://www.actiontec.com/products/broadband/wireless_ready_dsl_gateway/wireless_ready_dsl_gateway_overview.html

OR

- <http://snipurl.com/6fk> (a shortcut link to the long version above)

2) Software products. Here are two free ones we like:

- Zone Alarm - free for personal use - will drop a connection rather than lose control of a system.
http://www.zonelabs.com/store/content/catalog/products/sku_list_zal.jsp
- Sygate Personal Firewall - another free firewall that is fairly easy to configure.
http://smb.sygate.com/products/spf_standard.htm

Note – both ZoneAlarm and Sygate come in a more full-featured pay version

3) Windows XP Personal Firewall.

If your home computer has Windows XP as its operating system there is also a personal firewall included. You just have to configure it. For the best protection we recommend options 1) and/or 2) above. But turning on the Windows firewall as well is a good addition to your security arsenal.

The following link on Microsoft's web site will take you step by step through configuring the XP firewall:

<http://www.microsoft.com/security/protect/windowsxp/firewall.asp>

4) If you want the most secure setup, use all 3!

Popup Blockers

Google Toolbar w/Popup Blocker

The Google Toolbar allows you to search for information from any Web site location. There's no need to return to the Google home page to begin another search.

One great feature about the Google Toolbar is a popup blocker.

You download the Google Toolbar from this page: <http://toolbar.google.com/>

After you install the Google Toolbar you have to turn on the popup blocker. Go to www.training.karrtuttle.com/cybersecurity/home for instructions on how to do so.

Pop-up Ad Killer (PC)

This program is not only effective, it's free, too! You can set it so that it plays a sound every time it kills a pop-up window. It will also change your cursor and display a sign in your task bar for each killed pop-up. You can turn these functions off in the preferences section. There are pay versions available with more browser options and features.

http://www.panicware.com/product_psfree.html

Adware and Spyware Removal

Here are a couple of good adware and spyware removal tools. Both of these are free:

Ad-Aware from Lavasoft

Ad-Aware is a popular spyware removal tool that locates malicious registry keys, files and processes. Get it here:

<http://www.lavasoftusa.com/support/download/>

Spybot Search & Destroy

For the slightly more advanced user, but very useful if you have a bad problem with ads and pop-ups. Go to this link: <http://www.safer-networking.org> and click on Download.

You may choose to use both programs. We recommend you run Ad-aware and/or Spybot monthly or more frequently as needed.

Adware and Spyware Prevention

Here is a free tool that is supposed to prevent many types of adware and spyware from being installed on your computer in the first place. If you decide to use it you will want to go to their web site and download any updates about once a month.

SpywareBlaster

<http://www.javacoolsoftware.com/spywareblaster.html>

SpamBlockers for Home Use

Most ISP's and email providers such as Yahoo and Hotmail have spam blocking software available for your use. Your first option is to learn to use the tools they provide. If you find that their spam solutions are inadequate or filter out more than you wish and if you use Outlook or Outlook Express you may want to try another product. Here are a couple of options:

Ella for Spam Control

Free version for Outlook available; 15-day free trial available for Outlook Express
<http://www.openfieldsoftware.com/>

Junk-Out

Works with Outlook. 21-day free trial available
<http://www.junk-out.com>

Best Practices for Safe Home Computing

KTC Cyber Security Program



Install the Basic Toolkit and *Keep It Up to Date*

- Windows Security/Critical Updates
- Antivirus Software
- Firewall (hardware and software)

E-Mail

- Never open an e-mail attachment even from someone you know, unless you were expecting it and know exactly what the attachment is. Viruses can forge the From field in an email, so you cannot tell where the message really came from.
- Delete suspicious emails without opening them. Some viruses can run malicious code without an attachment.
- Spam – Simply delete it. Do not reply to it or unsubscribe from a list you did not sign up for; this will get you more spam.
- Phishing – never divulge personal information in response to an email, even if you think it is from a trusted source such as your bank, PayPal or EBay.
- Virus hoaxes – learn how to recognize them; do not forward them on.
- Watch out for scams.
 - ✦ Never “pay money” to “get money”
 - ✦ Never use credit cards for ID or age verification
 - ✦ Never send money for “limited editions or specials”

Instant Messaging

- The less you use IM the better – keep it closed when you are not using it
- If you sign in to IM and are advised that a security update to the software is available, download it before using the software further.

File Sharing on a Home Network

- If you have a home computer network and you want to share a folder or folders:
 - ✦ Turn on sharing only for those folders you need to share
 - ✦ Place a password on the share

Internet Peer-to-Peer File Sharing

- Do not use file sharing programs that allow you to download programs like music, videos or games (Kazaa, Limewire, etc.)

Internet

- Disconnect from the Internet when you are not using it (don't just close the browser)
- Consider raising your security settings in Internet Explorer
 - ✦ Tools, Internet Options
 - ✦ Security tab
- Consider using an alternate web browser such as Firefox or Netscape (see the Training Corner for more information)

Wireless

- If you have a wireless connection on your laptop secure it with a password
- If you take your laptop outside your home use a Windows password as well
- Make sure you have a firewall enabled

Kid Safety

- Check out
 - <http://www.komando.com/kimskidscontract.html>
- Microsoft Article: "Tips for Keeping Kids Safer Online"
 - <http://www.microsoft.com/security/articles/childrenonline.asp>

Microsoft on Home Computer Security

- "Microsoft Security for Home Users"
 - <http://www.microsoft.com/security/home/basics.asp>

Who Can Help With My Home PC?

- G Assistance
 - 1-888-701-5336
 - www.gconspiracy.com/assistance
 - email: assistance@gconspiracy.com
- Geek Squad
 - 1-800-GEEK SQUAD (1-800-433-5778)
 - www.geeksquad.com
 - email: info@geeksquad.com

For More Information

- For more information go to KTC's [The Training Corner](http://training.karrtuttle.com) at <http://training.karrtuttle.com> and click on Cyber Security