

Spy ware

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>-----Original Message-----

>I think I have spyware on my computer, I have XP. What
>can I do to detect and delete it? Thanks!

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>Id recommend downloading a few programs, each seems to work well with the other. All our free. Start with "spybot" then "spysweeper", they seem to do well with getting most of the really nasty ones. Be wary of deleting the registeries that spybot tells you too, it is very sensitive. Next "adaware" is very good at removing some persistent cookies the others seem to ignore that are in themselves pretty dangerous. If you dont have anti-virus id try either "AVG" or "panda". For a firewall, id recommend "zonealarm". id then recommend u go to find "hijackthis" and download it, run a scan, log scan, submit scan to a tech forum, and get advice on what all this mighta missed. most likely nothing but its always handy to double check. id also learn what all the processes in your computer do,, u can find them by going to your clock, right click it, then processes. you can learn them by google searches. last, update your windows very regularly. Id say every few days check or set it to auto update. update all the security programs u will have downloaded as well. last, u can go to start, run, type "cmd", then type "netstat" and that comes in handy as well. i have found it does wonders if u use it right. hope this can be of some help