

Re: I am a 60 year old "user" ...

Source:

http://www.derkeiler.com/Newsgroups/microsoft.public.windowsxp.security_admin/2003-11/5296.html

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Hi, Frank – there are several kinds of popups....

Does the window title say anything about Messenger? If so, you need a firewall. 'Messenger spam', is not in itself harmful, but is symptomatic of a larger problem – your computer has ports open from the Internet.

You can disable the Messenger service, but that is unwise as a solution as you'll still have the underlying problem that caused you to get the messages in the first place – consider the messages a useful warning that you have no protection from the Internet. This is all too important now, given the recent rash of RPC worms....

For a standalone machine, see www.sygate.com for a free personal firewall, or if using Windows XP, you can enable the built-in internet connection firewall (ICF).

See <http://securityadmin.info/faq.htm> for more info. Also, <http://www.mvps.org/winhelp2002/nopopups.htm> is a good resource – although for browser popups, you might want to consider <http://toolbar.google.com> – it works like a champ and is also handy for searching.

Also, go to www.lavasoft.de and get AdAware – install, launch, update it, and run it. It will look for spyware and tracking cookies and help you get rid of them.

Frank M. Durham wrote:

- > *How the hell do I get rid of Pop-Ups and cookies? I*
- > *have XP Professional on my machine. I relly don't do much*
- > *with this machine but Email, write and sometimes do*
- > *research on the Internet. Pop-Ups and cookie driven crap*
- > *are about to drive me nuts.*
- >
- > *Help...*
- > *FMD*