

microsoft.public.windowsxp.security_admin: Re: As I use Internet Explorer I get this pop up–

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Source:

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Kevin wrote:

- > *Are you sure? I checked my add or remove programs and Macromedia*
- > *flash player eight is listed. Are you sure this is not some spy*
- > *ware? Because if it is I'm going to be very unhappy.*

Download and install the Flash Player and Shockwave Players from the sites I listed. See if that solves your problem.

If it does not – then worry about spyware.

(Since you should already have a regime in place to maintain your computer properly – it should not be necessary to do more.. right?)

Microsoft has these suggestions for Protecting your computer from the various things that could happen to you/it:

Protect your PC

<http://www.microsoft.com/security/protect/>

Although those tips are fantastic, there are many things you should know above and beyond what is there. Below I have detailed out many steps that can not only help you clean-up a problem PC but keep it clean ,secure and running at its top performance mark.

I know this text can seem intimidating – it is quite long and a lot to take in for a novice – but I assure you that one trip through this list and you will understand your computer and the options available to you for protecting your data much better – and that the next time you review these steps, the time it takes will be greatly reduced.

Let's take the cleanup of your computer step-by-step. Yes, it will take up some of your time – but consider what you use your computer for and how much you would dislike it if all of your stuff on your computer went away because you did not "feel like" performing some simple maintenance tasks – think of it like taking out your garbage, collecting and sorting your postal mail, paying your bills on time, etc.

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I'll mainly work around Windows XP, as that is what the bulk of this document is about; however, here is a place for you poor souls still stuck in Windows 98/ME where you can get information on maintaining your system:

Windows 98 and 'Maintaining Your Computer':

<http://www.microsoft.com/windows98/usingwindows/maintaining/>

Windows ME Computer Health:

<http://www.microsoft.com/windowsME/using/computerhealth/a>