

# Computer Maintenance

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- Spyware and virus protection.
  - Keep definitions up to date. Check for updates before scanning,
  - You may need to run scans in safe mode.
  - Turn off system restore if you keep getting the same virus on your system.
  - Visit [free.grisoft.com](http://free.grisoft.com) for free virus and spyware protection
- Run Scandisk and defrag to keep your hard drive running smoothly
- Invest in a UPS (battery backup)
  - Only Plug in your monitor and tower to the battery side
  - Plug everything else in the surge side.
- Backup your important files and installation programs.
  - USB thumb drive or External Hard drive
- Monitor temperature of processor and hard drive.
- Get a copy of your operating system.
  - Write key on the disc.
  - Use CD to do a Windows Repair – reinstalls windows keeping all your programs and settings.
    - Be careful not to wipe out existing files.
    - Repair console can fix disk errors.
- Cleanup your drive of unnecessary files.
  - Uninstall programs that you don't use.
  - Use a cleanup utility
    - Go to [Stevengould.org](http://Stevengould.org) and download cleanup.
- Add more cooling fans if you have an overheating issue.
- Laptop cooler pads can keep your laptop drive from overheating.