



Computer Security Recommendations

In order to improve your computing and internet experience, the Cure4Kids team recommends that you take appropriate precautions to protect your computers.

First line of defense -- Choose an Internet service provider (ISP), an email service and/or a website hosting service that offers online virus, spam and content filters.

Second line of defense -- Install a hardware router with a built in firewall between your modem and your computer or network.

Third line of defense -- Install security updates for your operating system and all your software on a regular basis. For Microsoft Windows go here: <http://windowsupdate.microsoft.com>. Install at least all "Critical Updates."

Fourth line of defense -- Use a personal firewall, anti-virus, anti-Trojan, anti-spyware, anti-spam and privacy software on your desktop computer and every computer on your network.

Fifth line of defense -- Instruct users to never download files or open email attachments from unknown parties. Limit users ability to install applications.

Virus Protection Software:

Symantec Corporation (Including Norton products)

<http://www.symantec.com/index.htm>

McAfee VirusScan (Including Dr. Solomon products)

<http://www.mcafee.com/>

Sophos

<http://www.sophos.com>

Frisk F-Prot:

<http://www.f-prot.com/>

<http://housecall.trendmicro.com>

<http://pandasoftware.com/activescan>

Spyware and Adware Protection Software:

Spybot-S&D

<http://www.safer-networking.org>

Lavasoft Inc., Ad-Aware

<http://www.lavasoftusa.com>

Spy Sweeper

<http://www.WebRoot.com>

Spy Sweeper (free online check)

http://www.webroot.com/services/spyaudit_03.htm

Pest Patrol

<http://www.pestpatrol.com/pestinfo>

SpyKiller

<http://www.spykiller.com>

SpyKiller (free online scan)

<http://www.spykiller.com/downloadmain.asp>

Pest Scan (free online check)

<http://www.pestscan.com/>

CWShredder

<http://www.spywareinfo.com>

ActiveX Spyware Free Scan

<http://www.spywareinfo.com/xscan.php>

Software Firewalls ("Personal" firewalls)

Norton Personal Firewall

<http://www.symantec.com/index.htm>

ZoneAlarm

<http://www.zonelabs.com/>

PC Magazine Security article

<http://www.pcmag.com/security>

General Computer Security Guidelines:

Do Not

- * Open an unknown email attachment
- * Download an unknown program from the Web (such as a free screensaver)
- * Trade unknown files, such as with peer-to-peer programs like Kazaa
- * Share your password with others

Do...

- * Run an anti-virus program
- * Keep up with anti-virus data updates
- * Keep up with operating system updates (patches)
 - * Change default passwords (such as password for the administrator account)
- * Run a firewall either on your computer or on your network
- * Apply operating system updates
- * Install anti-virus program
- * Reset default passwords
- * Turn off file sharing
- * Turn on a firewall
- * Automate your operating system updates
- * Automate your anti-virus updates
- * Regularly do software updates
- * Regularly run an anti-spyware program
- * Run a firewall
- * Do your work in non-administrator accounts

Be Prepared...

- * Be ready for failures and infections.
- * Backup your files regularly
- * Be prepared to rebuild
 - o Have installation CDs and software
 - o Have a plan for getting OS updates
- * Plan for upgrading