

How To Use TVCUC Recommended Security Programs for Windows PCs

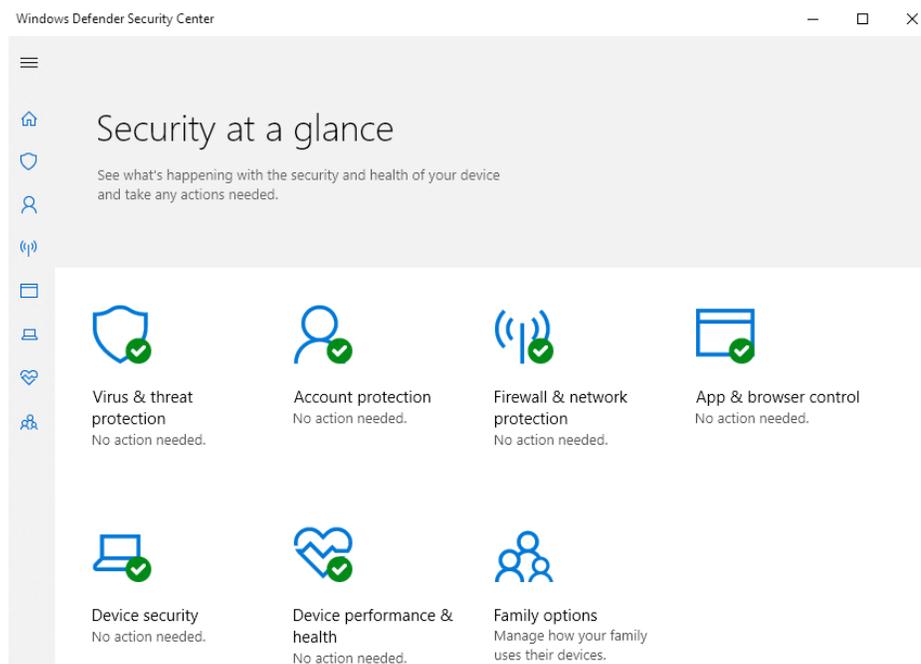
by Bob Mugge - revised 7/19/2018

In a separate document, I explained how to obtain several programs that TVCUC recommends you download and install on your PC to keep it safe and in good working order. This article explains how to use these programs. They are free, safe, and will not harm or negatively affect your computer if used according to these instructions. To refresh, our minimum list of recommended programs is:

- **Windows Defender**, an anti-virus program (included as part of Windows).
- **MalwareBytes**. Removes malware that Defender can't find. Screen shots show the premium version. Differences between the premium version and the free version are noted.
- **SuperAntiSpyware**. Removes adware cookies that you don't want hanging around.
- **CCleaner**. Cleans files built up on your PC during internet use.

Windows Defender

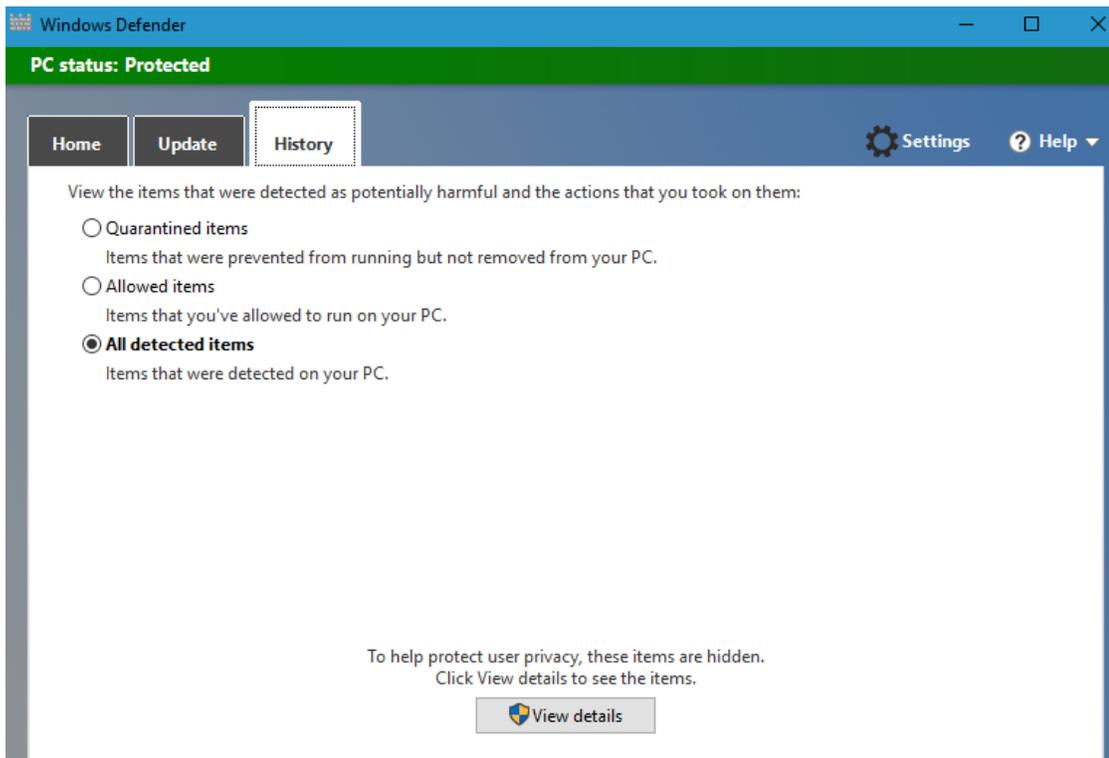
Defender does not normally have a desktop icon, since it runs unattended in the background. I suggest you put it in the taskbar so it can be easily started in case you get a message from Defender that you need to take some further action. Click on the Start window. Scroll to the bottom of the alphabetized program list and right click on Windows Defender Security Center. In the small window that appears, click on More, then in the next window, click on Pin to Taskbar. The Defender icon (a white shield) will appear in the taskbar. Clicking on this icon brings up the following window:



If you want to run a Defender scan, click on the Virus & threat protection option. This should not be required unless the icon does not have the green circle with a white check. Defender

runs periodically and will report its findings in the Windows Action Center and will be noted if there is a number in the small rectangle at the lower right in the taskbar.

After clicking the History tab, you see the following screen, with the Quarantined items shown in bold and checked. To see the detail, click the circle for All detected items. This screen shot is shown below. You then should click on View Details at the bottom.



The next screen will show something similar to what is shown below. Click the boxes for detected items, then Remove all at the bottom. This will finally change the item(s) from quarantine and permanently delete them.

You can then exit Defender. To reemphasize, this multi-step process is necessary only when Defender gives you a message that you need to take action. Hopefully this will happen rarely.

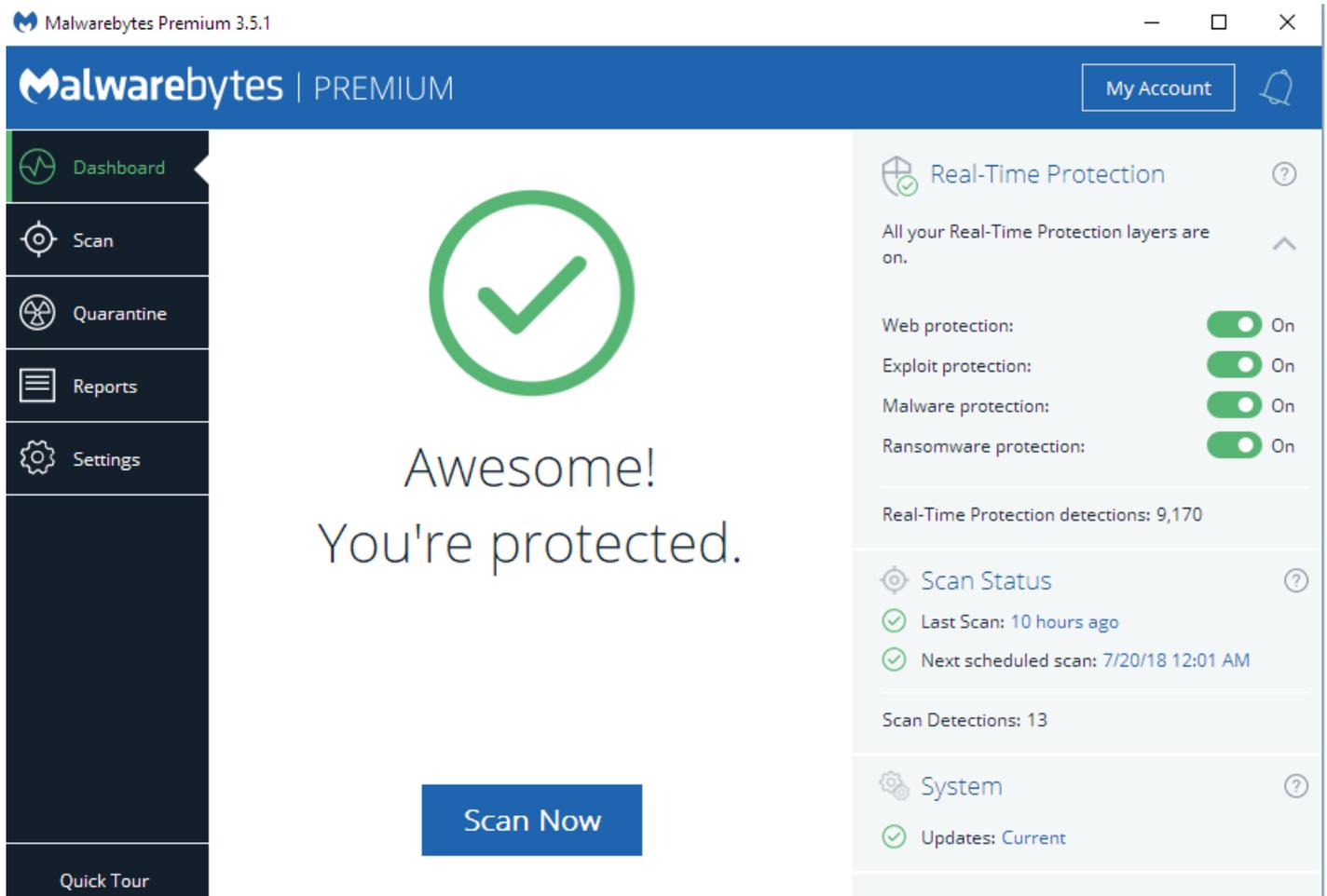
MalwareBytes

This program removes PC infections called malware that get around capabilities of anti-virus programs. There are a few differences between the next screen (the Premium version) and the free version. If you have just recently installed the program, the title at the top will display PREMIUM TRIAL, which means you have full access to the premium features for 14 days after installation. Once this period has passed and you have not upgraded to premium, the title will revert to FREE and the premium features are no longer available. At the right side of the title, free users will see an option to UPGRADE, so you can do this at any time. Premium users will see

MY ACCOUNT, which when accessed has details of your license ID and key. The current cost of MalwareBytes Premium is about \$40 per year. The differences are as follows:

- The free version does not run automatically. You must double click the icon to run it.
- There is one more step added in the sequence on the Premium version, a Scan for Rootkits. The importance of having this step is unclear.
- You can set a schedule for periodic regular scanning in the premium version.

The choice is up to you. TVCUC has not taken a formal position.



This screen has Dashboard highlighted, and you start a scan by clicking on the blue Scan Now box at the bottom. This is normally what you want to do. A screen shot of a scan in progress is shown next:

Malwarebytes | PREMIUM My Account

Dashboard Scan Scan Schedule

Threat Scan

Check for Updates Pre-Scan Operations Scan for Rootkits Scan Memory Scan Startup Files Scan Registry Scan File System Heuristics Analysis

Currently Scanning: C:\USERS\BOB MUGGE\APPDATA\ROAMING\SYNCIOS DATA TRANSFER\OEM_DRIVER\04E8.ZIP

Items Scanned: 254,836

Time Elapsed: 00:00:37

Threats Identified: 0

View Identified Threats Pause Cancel

Quick Tour

There are eight steps that the program goes through, shown by the eight circles (seven in the free version) in the progress line. Most of the scan time is spent in the Scan File System circle. Depending on how much stuff you have on your PC and your CPU speed, a scan may take from just a few minutes up to a half hour. The Threats Detected line will turn red if any are found and the number of them will appear, along with a box to check to quarantine them. I didn't have any this time. There are options to export the summary or view the report. If you are curious, you can view the report. You may now exit out of the program.

The next screen shot shows the MalwareBytes screen after it has finished a Threat Scan on my PC.

The screenshot shows the Malwarebytes Premium 3.5.1 interface. The top navigation bar includes the Malwarebytes logo, the word "PREMIUM", a "My Account" button, and a notification bell icon. A left sidebar contains navigation options: Dashboard, Scan (highlighted), Scan Schedule, Quarantine, Reports, Settings, and Quick Tour. The main content area displays a large green checkmark icon and the text "Your scan is complete. No threats detected!". Below this, a table provides scan statistics:

Scan time:	2m : 26s
Items scanned:	338,435
Threats detected:	0

At the bottom of the main content area, there are two buttons: "Export Summary" and "View Report".

Some other options you may want to access (at the left):

Settings option (the gear) will bring up a new screen which has 6 tabs across the top. You may need to use these two:

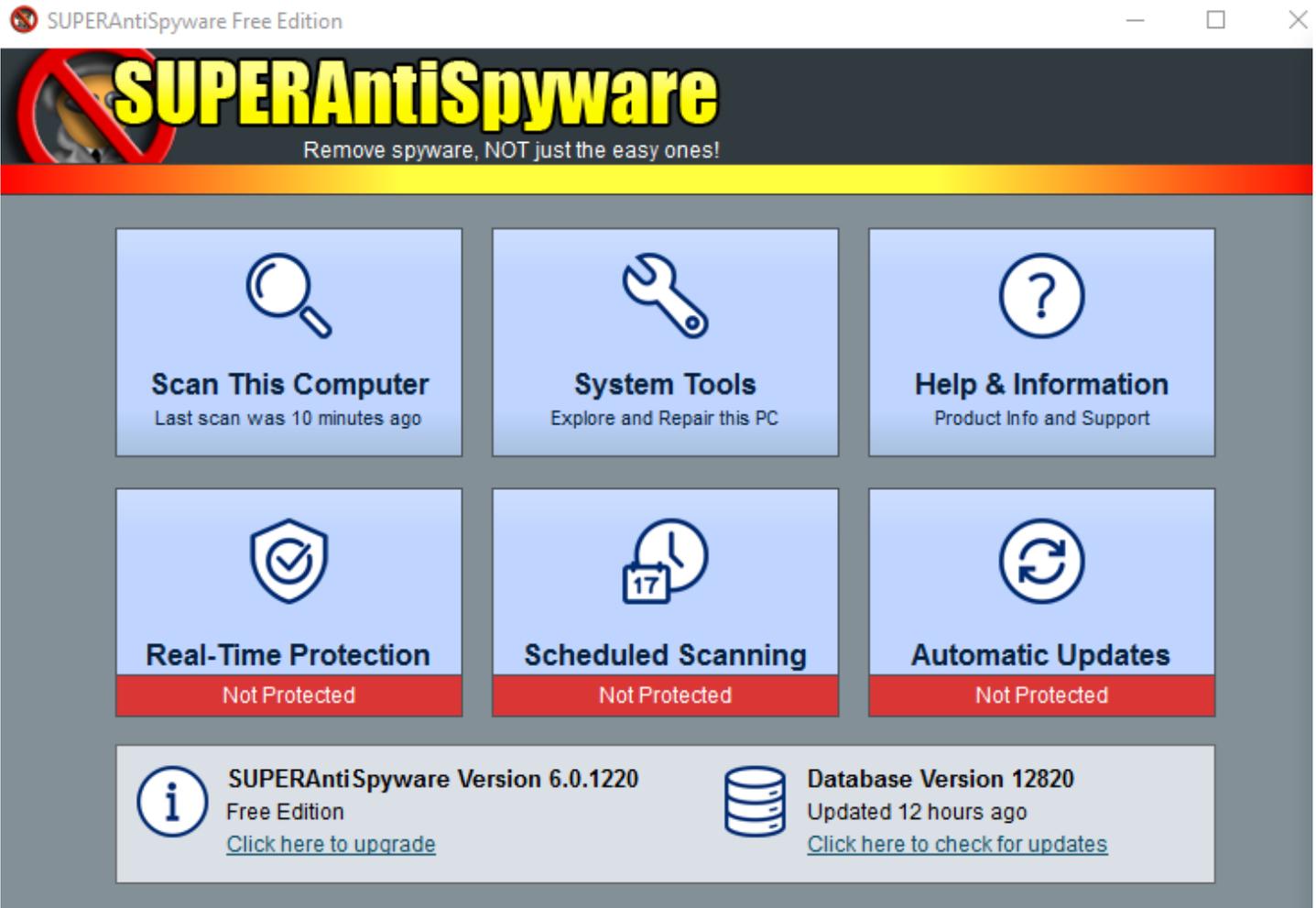
- Exclusions, you may need to add specific files or folders if MalwareBytes has trouble with certain items like special converters or game programs. I have had to add a few.
- Scan Schedule: Here is the place where Premium users can set a schedule for periodic automatic scanning.

Quarantine lists all the items that have been found to be dangerous or not useful. One every six months or so, you can check the Delete box at the lower right and permanently delete them. I have never had a problem after doing this.

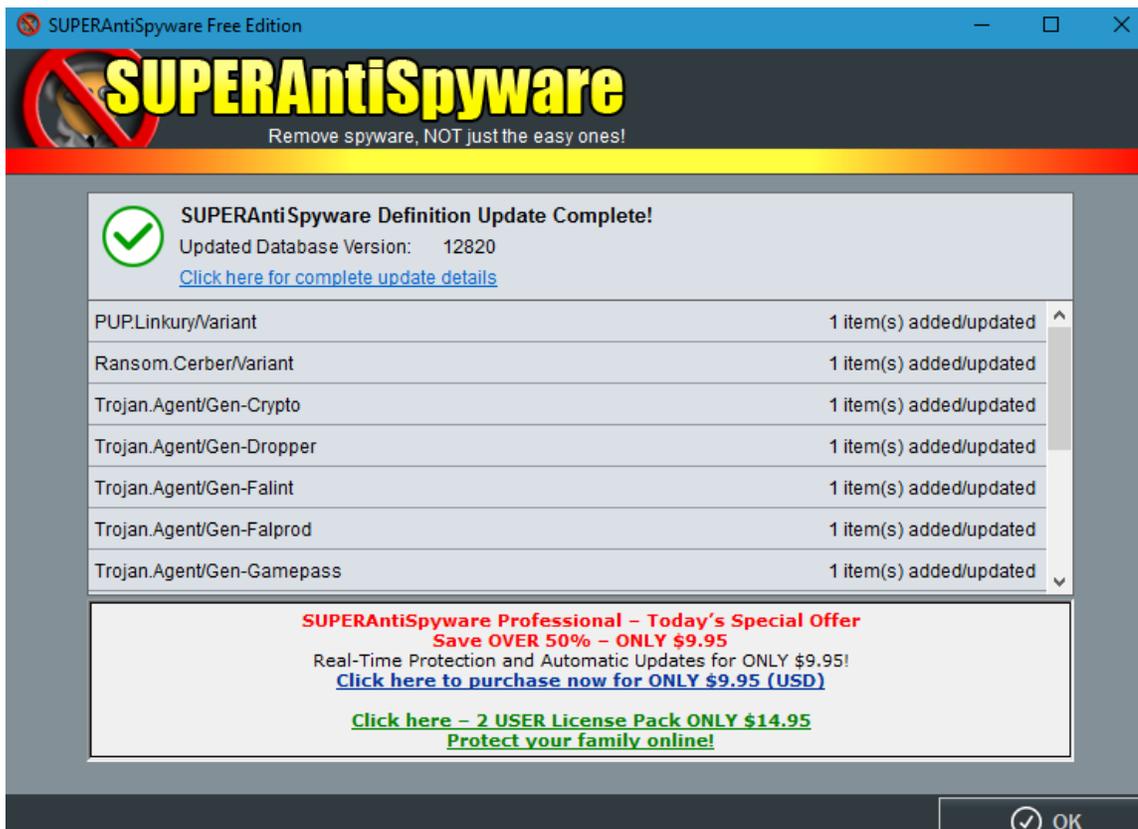
My suggestion for the free version MalwareBytes user is to run it at least once a week, and also if you have slowdown problems. MalwareBytes also needs to be run if your internet browser goes to an unwanted or unrequested web page by itself. This rogue action is caused by a malware program called a redirector, and can be many times corrected by MalwareBytes. Redirector programs can also sometimes be found and uninstalled by searching your program list in Control Panel, Programs & Features. A common one that you need to uninstall is Citrix Online Launcher.

SuperAntiSpyware

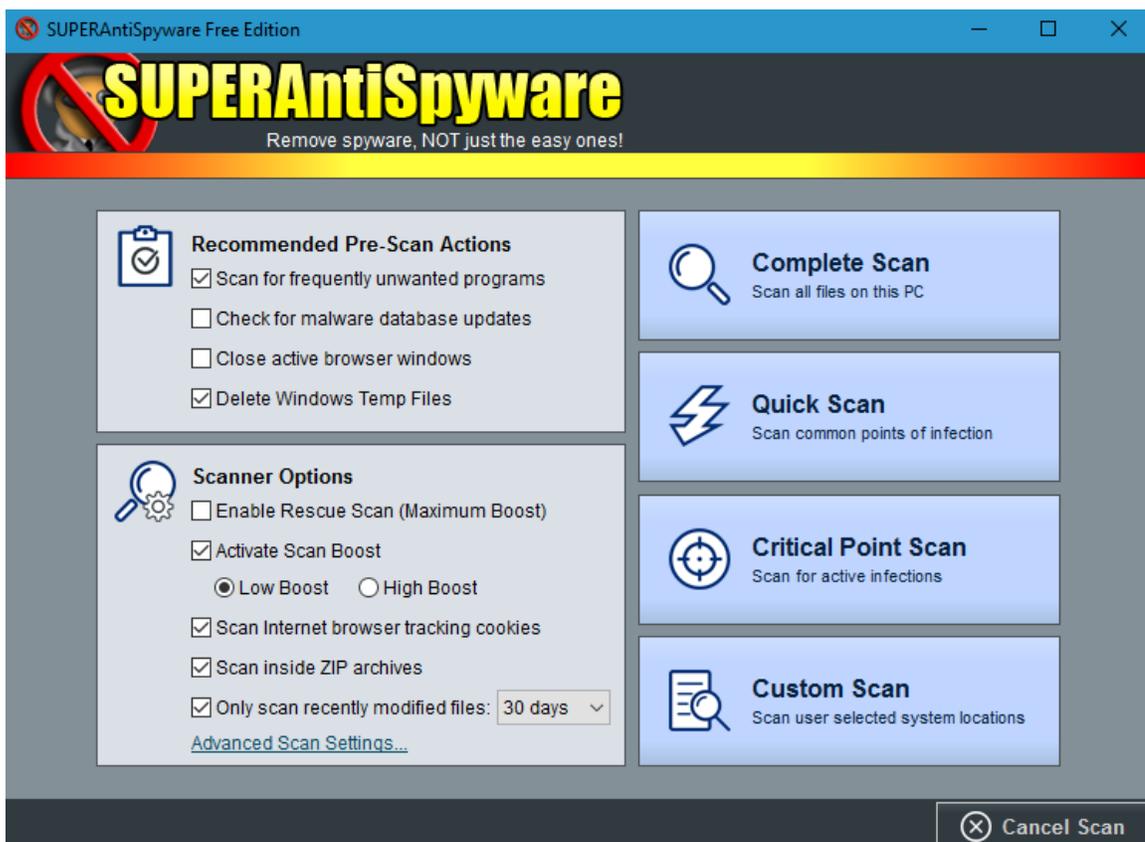
This program finds and deletes adware cookies that come in from all over the internet. They are ways in which advertisers can find and use your ID to target you for all kinds of stuff that is more important to them than to you. As cookies are generated by you wherever you go intentionally, you certainly don't need extraneous ones, and you can use this program to remove them. The free version does not run real time, you have to open and run it. There is a pay version but I have not investigated the cost or benefits. You can ignore the occasional prompts to buy it. The free version is certainly worth using. The opening screen is shown below. I always start by clicking for database updates in the lower right corner.



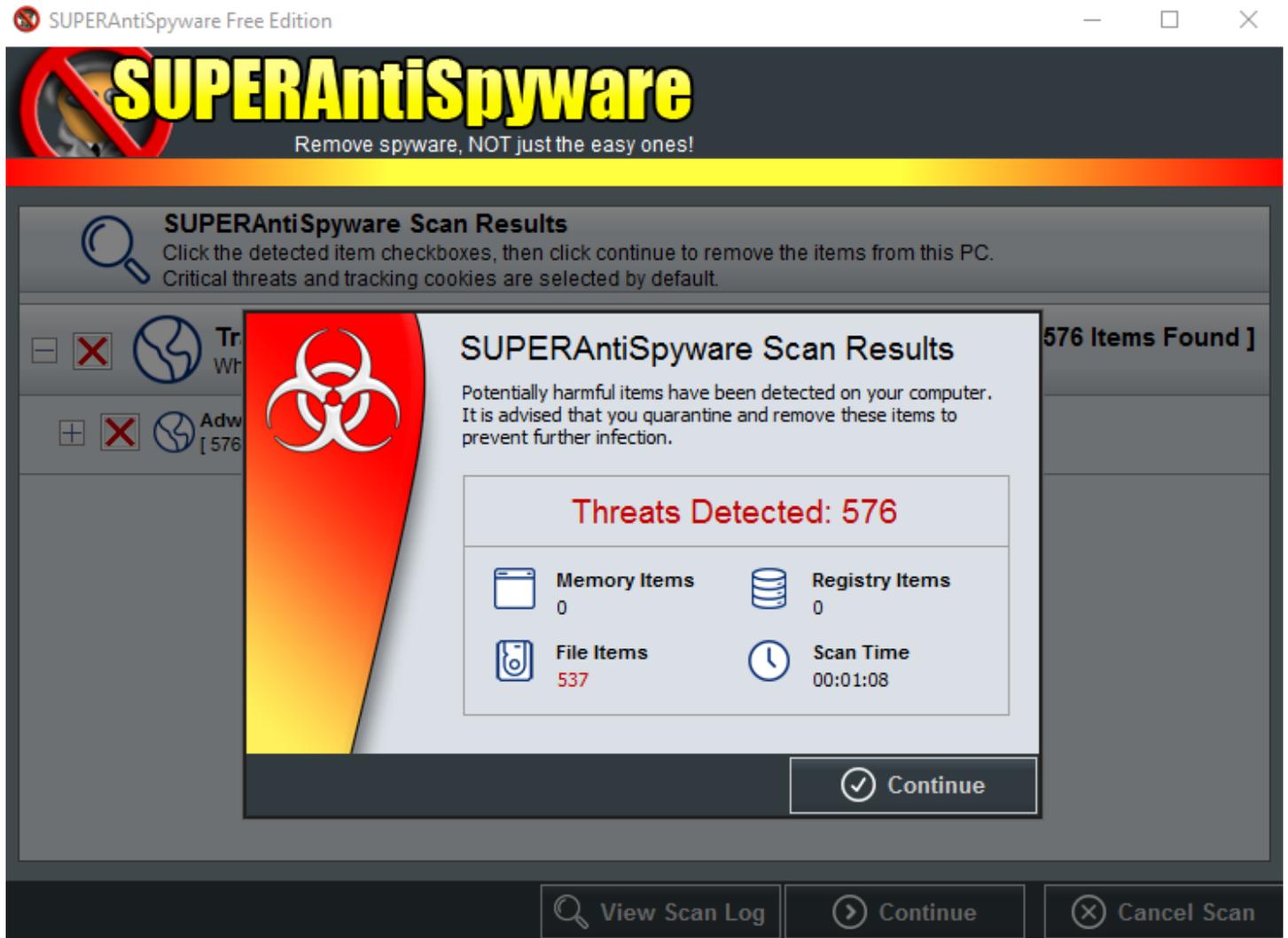
The update screen is shown below. Ignore the ad at the bottom to buy the Professional version. When the update is done, click on the OK at the bottom right to return to the opening screen above.



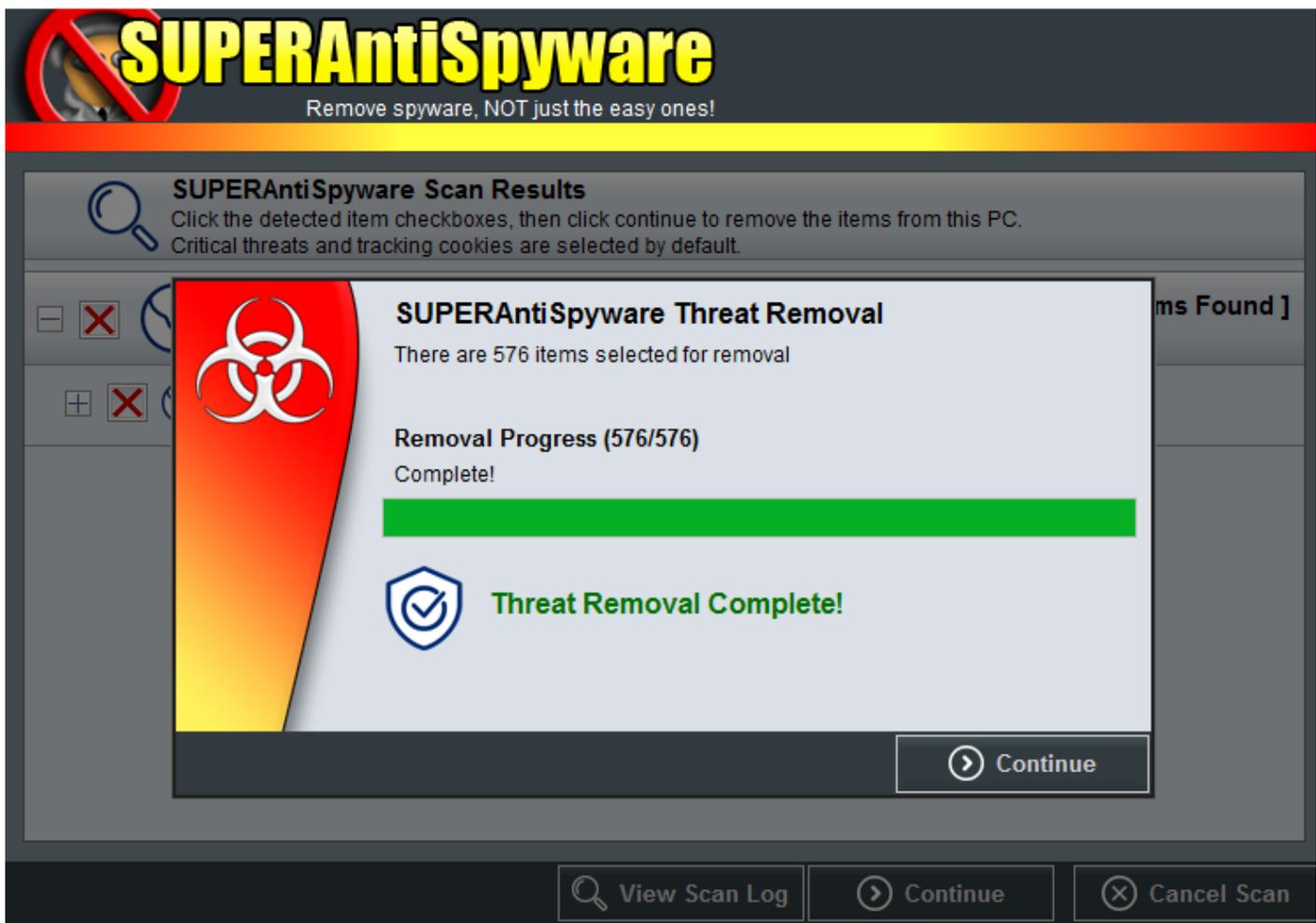
Back on the opening screen, click on Scan This Computer, then in the next screen shot shown below, click on Quick Scan. Complete Scan can be selected if you have severe problems, but that is seldom necessary.



When the next screen appears, there may be a reference to unwanted programs at the top. It will remain in that condition if any are found, and they must be removed by clicking on the hand next to the red X to get them removed before the main scan will start. I didn't have any of these, so could not capture this reference. When the main scan finishes, the screen appears as below. Click Continue at the bottom right of the overlay window, then again on the next screen to remove whatever is found. If there are none, it will say so, and you may exit the program. The next screen shows the completion of the removal process, in a case where 576 cookies were found.



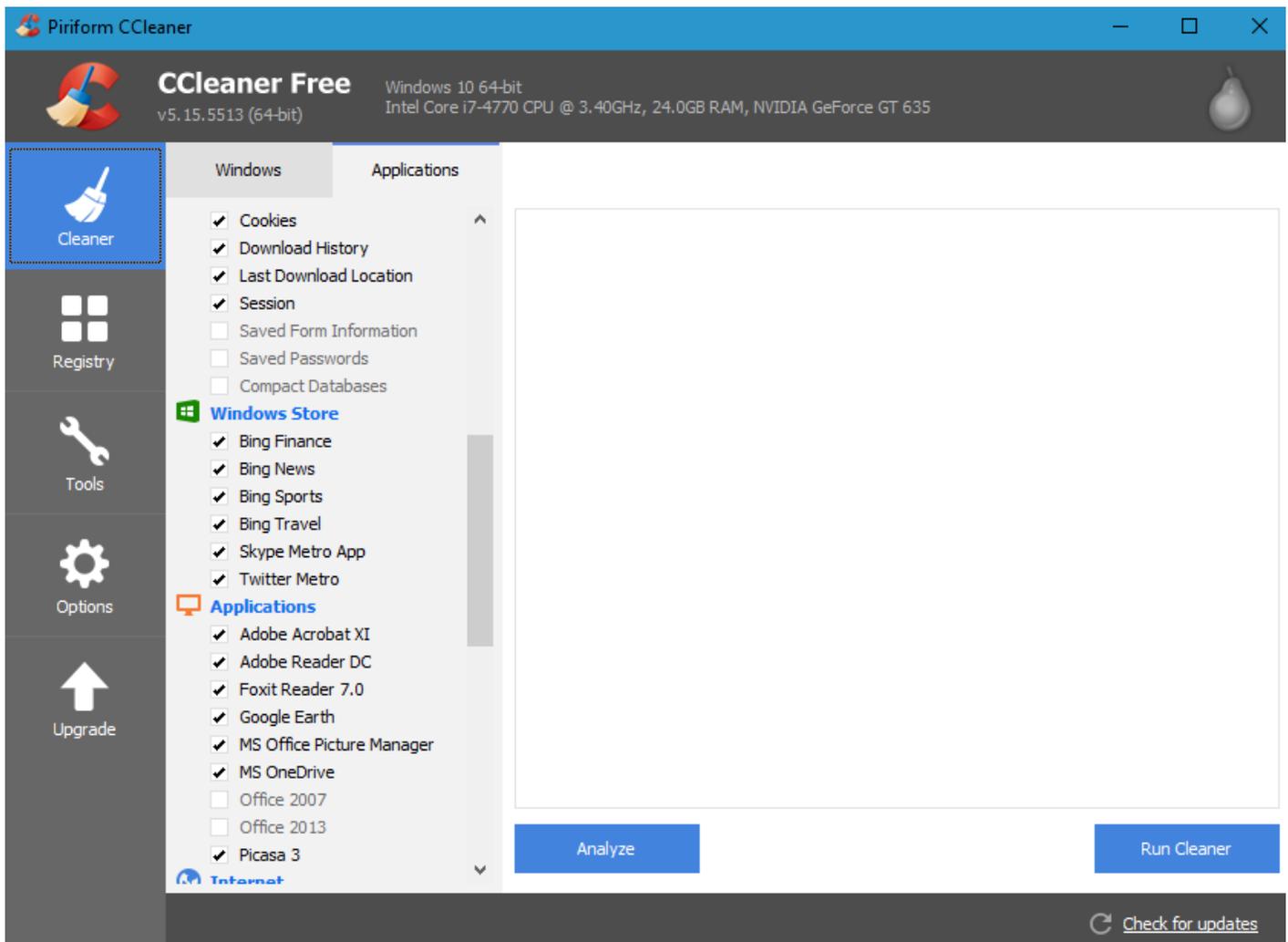
Click Continue, which brings up a screen with a green line progressing that removes all the threats. Click Continue when done to return you to the opening screen. Exit the program.



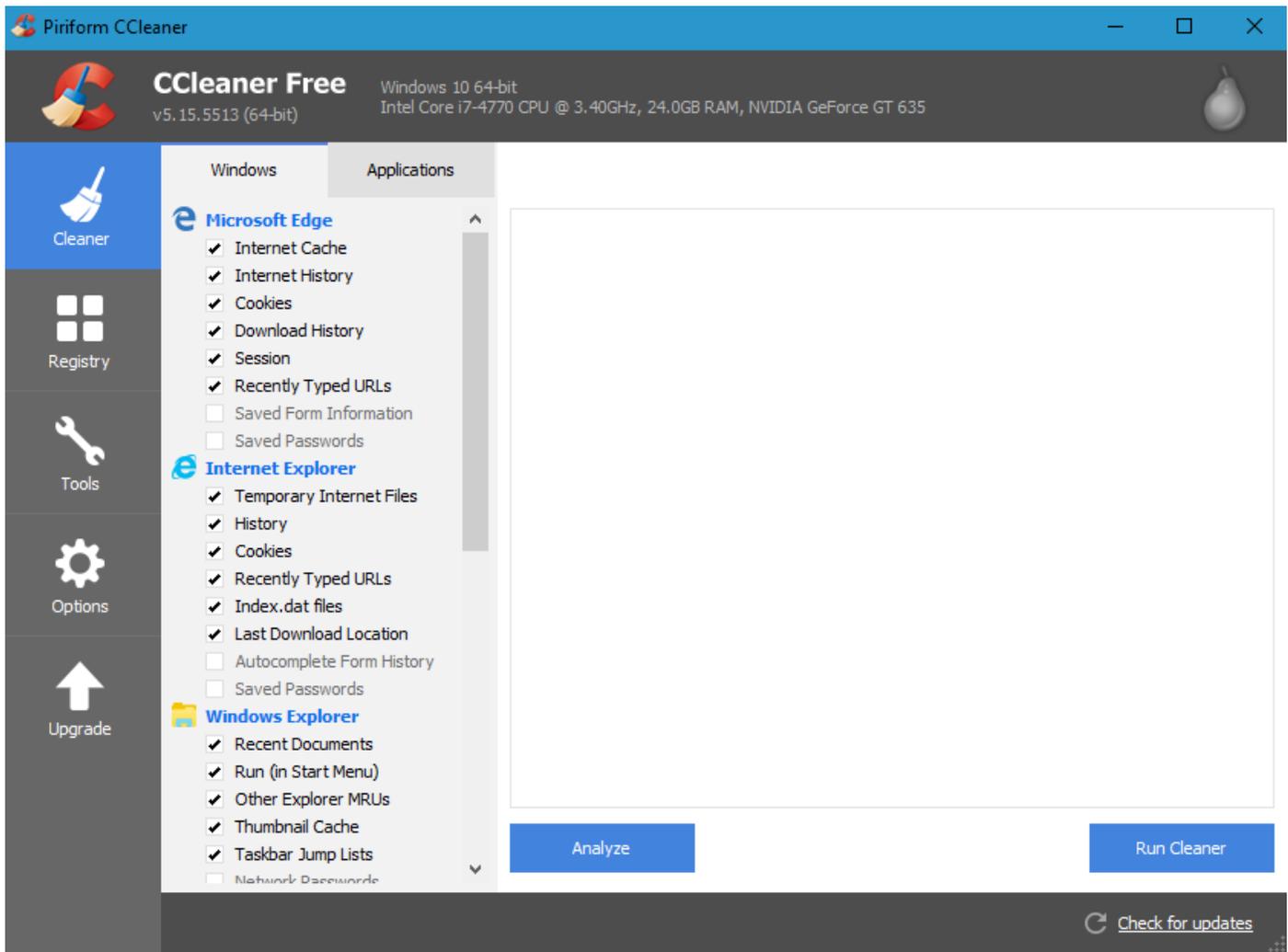
Although there are selections on the main screen for scheduled scanning, automatic updates, and real-time protection, I have never found these options to be necessary. Once in a while, I will get a small on-screen message that an update is available. If I click on this, it usually takes a second or two, then says complete and I can exit. Other times it brings up a larger screen that asks me to pay for an upgrade. I don't do that.

CCleaner

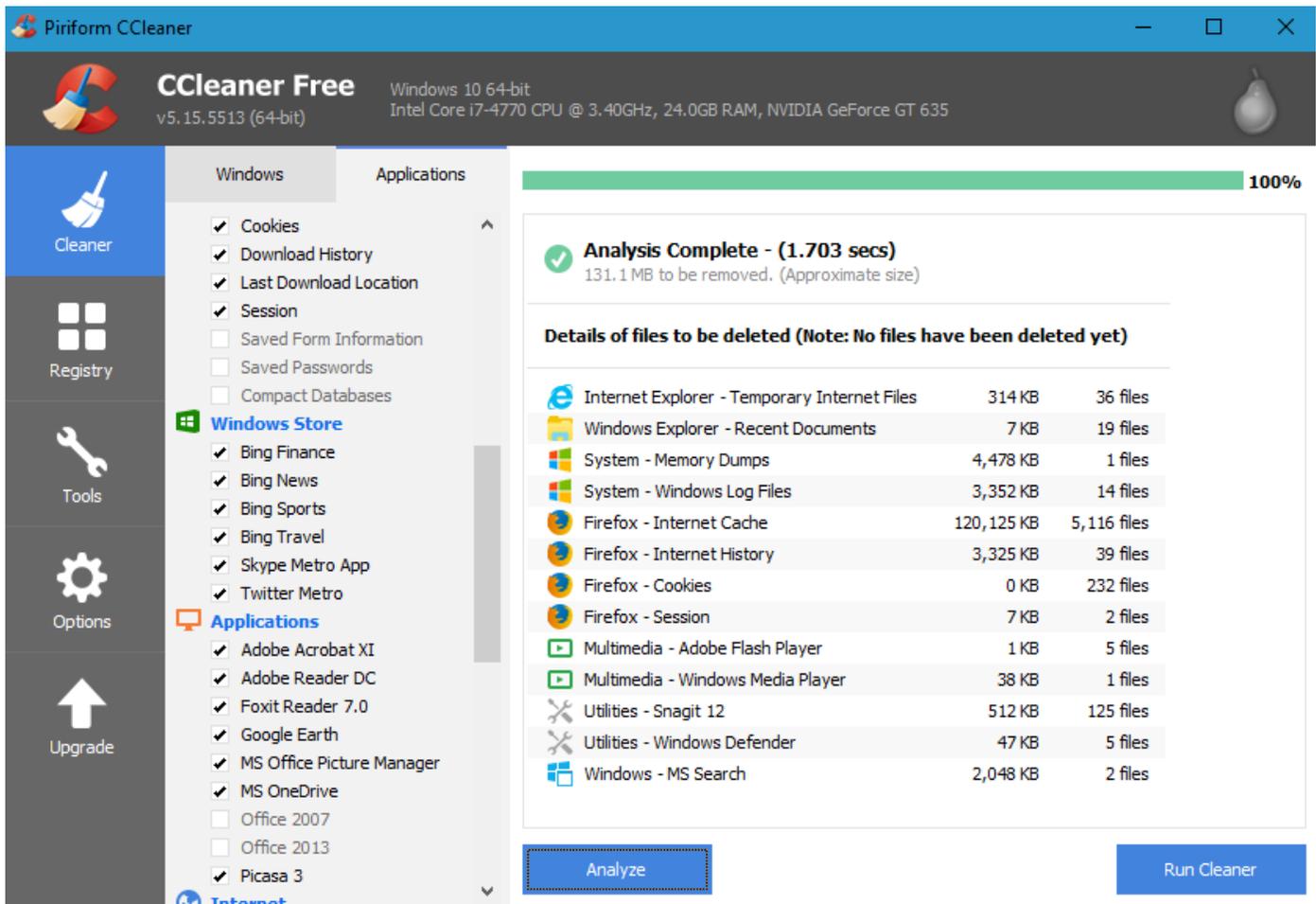
Although Windows has a built-in temporary internet file cleaner, TVCUC recommends using a better cleaner called CCleaner. The opening screen is shown below.



There is some useful data about your PC CPU, speed, RAM and graphics in the same area as the program title. The default choice in the left column is the Cleaner, which is what you will normally use. The middle column contains two options at the top: Windows and Applications. Windows is the default. It lists details of the system categories to be cleaned. So far as I know, the default settings here do not need to be changed. But if you haven't run CCleaner before, you need to check something in Applications, so check on Applications, then scroll down the listings until you come to the Applications heading. Look here for entries for versions of Office. Uncheck them. If you don't, CCleaner will clean out the list of Recent Documents you see when you click on the icon at the upper left corner of an Office program, such as Word or Excel. You won't have to do this again; it is a toggle; On or Off. Now return to the left column and check Options (the gear icon). Move to the middle column and click Advanced. Then in the right column, click the box on the fifth item down (Close program after cleaning). This is another toggle, and sets the programs so it closes itself after cleaning; you won't have to close it yourself ever again. Go back to the left column and click Cleaner (broom icon). You have now set the program up for use and none of these preliminary steps need to be repeated. There are two steps to cleaning. At the bottom of the right column there are two blue boxes, Analyze and Run Cleaner.



For the first few times you run CCleaner, I suggest you click Analyze first, to develop an understanding of how much stuff CCleaner finds and gives you an idea of whether you need to run it more or less often. When Analyze finishes, it will tell you how many megabytes of stuff it has found and shows a list. This may take a while if you haven't run CCleaner before. Subsequent runs should be faster. Once you have an idea of how often you have to run it, you can skip Analyze and go directly to Run Cleaner, which is the only step really necessary. This screen shot shows the results of an Analyze step. Clicking Run Cleaner will start the real cleaning step, and the program window will disappear when cleaning is finished.



We have had numerous FLST questions regarding the need for registry cleaning. TVCUC does not recommend that most users do this, but if you desire or need to clean the registry, the Registry option in CCleaner is recommended over other third party registry cleaner ads you will see on the internet. I have not reproduced screens for using the Registry cleaner here. I have not had any issues with running either the Cleaner or Registry options in CCleaner.

One caveat concerning getting updates to CCleaner: this program is now using a third party website to download their updates. If you see a notice at the bottom right of your screen asking you to get a CCleaner update, do NOT do it from there, as the website may include other choices that may be confusing and dangerous. Either get an update from the CCleaner program window or go direct to www.ccleaner.com as described in our document on Setting Up Security Programs.

A Final Note

My usual daily procedure is to run CCleaner and SuperAntiSpyware at the end of every day, just before leaving my computer for the evening. On my desktop, this takes a maximum of four minutes. Defender and MalwareBytes run by themselves in the background during the day. I do not normally fully shut down my desktop. Here in Tellico Village, it seems safe enough to use the Sleep option, unless I need to restart for updates or program changes.