BASIC PC "TUNE UP" PROCEDURES FOR WINDOWS 7

Here are some basic "tune up" procedures. If your computer continues to run slowly after performing the following actions, call IT Alley, your computer is in need of further technical support.

Below is a list of steps and software to use followed by instructions on how to perform the task.

- Make sure the computer is up to date on Microsoft Windows updates
- Make sure the computer is up to date on antivirus software
- Install Malware and Spyware software, update then run the program
- List of Malware/Spyware programs to use (in order) – all are free
- (Malwarebytes and Superantispyware are the main two IT Alley recommends using).
    - Malwarebytes – www.malwarebytes.com
    - Superantispyware – www.superantispyware.com
    - Spybot Search and Destroy – www.safer-networking.org
    - Lavasoft Ad-aware – www.lavasoft.com
- Clear Temporary Folder, Temporary Internet Folder, and Registry using CCleaner – CCleaner is free http://www.filehippo.com/download_ccleaner
- Defrag the computer

To automate Defraging you can purchase PerfectDisk for about $39.99 http://perfectdisk.raxco.com/home. Schedule this to run weekly.

Apply all Microsoft service packs and critical updates:

- www.microsoft.com
- Windows updates then follow the prompts

Make sure your anti-virus program pattern file is up-to-date

Install, update and run the following Malware/Spyware removal programs:

- **Malwarebytes –** www.malwarebytes.com to stop malware
- **Superantispyware** – www.superantispyware.com to remove spyware
- **Ad-Aware Free** – www.lavasoft.com to stop adware.

- **Spybot Search & Destroy** – www.safer-networking.com to stop spyware.

Defrag the computer (this can take several hours):

- Select Start Menu
- Select All Program
- Select Accessories
- Select System Tools
- Select Disk Defragmenter
- Select Analysis
- Select Defragmenter - if recommended

- If your system is running below 1 GB of free disk drive space Windows will not run properly. Remove old programs by going to the Programs and Features in the Control panel.

- Clean the inside of the computer with a can of forced air or vacuum (computer should be turned off and unplugged).

- If the date and time won't stay set on the computer it needs a new internal battery.

If you have any questions on these steps or need help please contact us.

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