



## Keep Your Computer Clean and Running Smoothly

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It is suggested that you run these programs every couple weeks.

If you are uncomfortable doing this cleanup, the Shop techs will help you through the process.

1. **AdwCleaner** removes adware, malware and PUPS (potentially unwanted programs).

Download the free version from [Malwarebytes.com](http://Malwarebytes.com). Do not open or install it in the Downloads folder but drag the icon from Downloads to the Desktop. Open AdwCleaner > Scan > ignore the preinstalled software found (do not check those boxes) > Quarantine > Clean and Restart Computer > close AdwCleaner.

2. **Glary Utilities** cleans the registry, removes temporary files, manages startup programs, and checks for user-installed software updates. Download the free version from [Glarysoft.com](http://Glarysoft.com). Go to the Downloads folder and install. Open Glary > click Overview tab > Check for Updates > click 1-Click Maintenance tab > leave Disk Errors and Tracks Eraser unchecked; also note that by default all files in the Recycle Bin will be deleted as part of the cleanup process > Scan for Issues > Repair Issues. To check for updates to programs that you installed on your computer (not Windows updates), on the bottom icon bar click the up-arrow icon and wait for the scan results. If updates are available you will be taken to a web page where you can click the green arrow to update the program software. Close the web page and Glary when finished.

3. **Disk Cleanup** deletes temporary and unneeded files to free up harddrive disk space.

In the bottom left taskbar search box, type Disk Cleanup then select it from the list of results. Select the drive you want to clean, then select OK and wait for the scan to finish. Under "Files to delete", check the boxes to delete. If unsure click the file type name to get a description. Select OK to start the deletion. The program will close itself when finished.

4. **Malwarebytes** removes malware and PUPS (potentially unwanted programs).

Download the free version from [Malwarebytes.com](http://Malwarebytes.com) and install. The free version includes a 14 day trial of the premium version (automatic, continuous, daily, real-time protection). The Club recommends that the members buy the premium version to keep their computer clean of malware. After the 14 day trial, either buy the premium version or decline the upgrade and stay in the free version which you will have to manually run each time. Open Malwarebytes > click the top right settings icon > Check for Updates > go back to the home page > Scan > Quarantine or Done > close the program.

5. **SuperAntiSpyware** removes spyware, adware and advertisers' cookies.

Download the free version from [SuperAntiSpyware.com](http://SuperAntiSpyware.com) and install. Open SuperAntiSpyware > "Click here to check for updates" > OK > Scan This Computer > Quick Scan > Continue > Continue to remove threats > Continue > Close.

6. **Windows Security** (also known as Microsoft Defender) runs automatically to find and remove viruses.

You do not need any other antivirus program. Windows Security is good, free and built into Windows 10 and 11. The Windows Security program will run automatically or will not run if you are using another antivirus program. Type in the taskbar search box "Security" then choose the Windows Security app. 5 icons should have green checks and 2 will not. If they are yellow or red, then allow or dismiss the potential problem. To check for the virus scan results, click on "Virus and Threat Protection".

7. **Windows Updates** checks for updates to the Windows operating system.

In the taskbar search box, type "updates" then choose Check for Updates. In the Windows Update screen, click the "Check for updates" box and wait for all to install. Then click on "Download and install" under "Optional quality updates available". After that is installed, click the "Check for updates" box again and repeat until there are no more updates. Do not click on "View all optional updates", because those driver updates are only used for driver issues. The Shop can help you if there are driver problems.