



internet help site

HEALTH ADVICE FOR YOUR COMPUTER

How do I know if I'm infected?

Firstly, don't panic. Chances are that you're not!

If you've been following the advice in my book this is highly unlikely, (Get it from www.internetsecuritysecrets.com).

If you haven't got an antivirus package, well then you could be in trouble! Go back to the internet help site and do a free scan to see what it brings up. Maybe even do it with a few different scanners from a variety of AV suppliers.

If you've got antivirus, then how do you tell? No problem.

Go through this Quick-Check guide.

- Has your internet slowed right down (worse than normal!)?
- Has your Antivirus icon disappeared (check the bottom right hand corner)? It may have been killed by some sort of malware.
- Update your Antivirus and do a full system scan.
- Update your spyware scanners and do a full system scan.
- If you find nothing, go to the AV manufacturer's site and check for special warnings.
- Not all antivirus suppliers are quick off the mark. Check for announcements on other vendor's sites.
- Go to a hoax site and check if you're a victim.
- You may be unlucky enough to be the "world's first" to be infected with a new virus.
- Go to your AV supplier's site and submit a new virus.
- Finally, keep it to yourself. You don't want to start a world wide infection or hoax!
- If someone may have told you, that you sent an infected message. This may or may not be true, so don't worry too much about it. Just go through the above checks.

- If you set up Windows to show all file extensions (and you should!), check to see if you have unusual or extra file extensions in your email or attachment, especially **exe**.
- Check the list in “**How to Use Email Safely**”. It explains all of this.
- Depending on your type of email program, you should be able to see where the message actually came from. Open the email up fully and somewhere in a menu on your top toolbar you should be able to click options or properties and everything will be revealed. Otherwise right-click the email in your inbox, and click on properties.
- If you’re having trouble with any of this, please go back to www.internethelpsite.com and look at all the resources and articles. If you can’t rectify the problem, you may need more help, so download the book. You may be able to sort it out for free.

The information contained here is published by
www.internethelpsite.com

Copyright © 2005-7 Joe Jutrisa - All Rights Reserved

If you found these tips helpful and you would like to know more about protecting yourself, your family and your business, just click below to get your own copy of the book, “Internet Security”. It’s jam-packed full of information, tips and secrets and is available now at a special introductory price.

www.internetsecuritysecrets.com