



Systems Consultant
phone:360-820-4213
<http://theconsultantonline.com>

Care and Maintenance for your Computer

Step 1

Weekly run **Spybot Search & Destroy**. Pick a day and stick to it.
Links can be found for the free versions here
<http://theconsultantonline.com/free.htm>

Step 2

Weekly run Anti virus **Complete and full scan**. Pick a day and stick to it.
Links can be found for the free versions here **Antivir** is the one I recommend.
<http://theconsultantonline.com/free.htm>

Instructional videos

Instructional video can be found at
Links can be found for the free versions here
<http://theconsultantonline.com/free.htm>