Clean Up and Speed Up your computer using free tools

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• Over time, your computer will slow down due to program fragments left in the registry, Add-ons installed by programs, uninstalled temp files, programs running at start up, viruses and maleware.

• Performing these tasks periodically will keep your computer running at peak performance and help prevent virus and malware issuesLet's "clean it" before we "clean it"

Desktop Computers

 Open the Desktop case and spray to remove dust. Pay attention to the CPU heat sink and Power supply fans.

Lap Top Computers

Hold the Lap Top upside down and gently tap the keyboard. Then blow the dust out of the keyboard and the fan ventilation slots.

What is the absolute best way to clean and speedup your computer? Start Fresh!

• Backup all your data
• Format your hard drive
• Re-install the OS and updates
• Re-install your programs
• Re-install your data.

Done!

Total Time = 4 to 6 hours once every two yearsThe steps to a clean running computer

• 1. **Shut down start up programs**
     • Click on Start
     • Click on Run or type Run in the search box and click on Run
     • In the Dialog box type MSCONFIG
     • Select the Start Up Tab
     • Uncheck all items except your Antivirus program and the Synaptics touchpad if present.
   • Click OK and restart your Computer
• Upon Restart a dialog box will appear that says changes have been made. Click the
box "Don't show this message again" and click OK

• 2**. Remove unused programs**
   • Restart your computer
   • Go to the Control Panel
    •Click on Add/Remove or uninstall Programs
   • Uninstall all programs you don't use. If you'rE not sure, Google the program name.

• You may go through a number of system restarts before you're done.

• Pay close attention to remove tool bar add-onsDownload Free cleanup Tools

• 3. **Clean up unused and temp files**
• 4. **Clean up the registry**
• 5. **Remove viruses and Malware**
• 6. **Defrag your drive**
• 7. **Upgrade your RAM (optional)Shut down Startup Programs**

• Go to the Internet and go to WWW.filehippo.com
• Use the search box if the programs aren't shown and Download:

– Ccleaner
– Malwarebytes

System Cleanup

• **Run Ccleaner**

• Run Cleaner first
• Then Select Registry
• Select Scan for issues
• Select yes to backup the registry
• Click Save
• Click Fix all issues and then close
• Repeat scans until no issues are found

Malware clean up
• Restart your computer in safe mode with networking. – Press F8 when computer is Starting up

• Open Malwarebytes and allow it to update if necessary
• Decline the offer to upgrade to the paid version.
• Run a Full Scan of your C; drive, not a quick scan
• Restart then complete.MalwarbytesAntiVirus
• Open your antivirus program in Safe Mode and check for updates
• Run a Full Scan of your systemDefrag your Hard Drive

For Windows XP only

• Click on Start

• Click on My Computer

• Right click the C; drive

• Select properties

• Select Tools

• Select DeFragmentation

By Default, Vista, Win7 and Win8 defrag

every Wednesday at 1:00 AMSpecial Note

If you have installed a Solid State

Drive(SSD) Do Not Defrag it. Doing

so will reduce the useful life of the

drive.

If your system came with a SSD,

check Task Scheduler and disable

Auto Defrag.RAM Upgrades (Optional)

• You can gain a lot of speed by providing

your system with adequate memory.

• If your not sure how to do this, google your system model number and the words How to upgrade memory.

• Eg. Dell inspiron 1150 how to upgrade memory

• Look for a Youtube videoMemory Recommendations

• Windows XP
– 1GB, cost $16.00

• Windows Vista
– 2 GB, cost $25.00

• Win 7/8 32bit
– 4 GB, cost $50.00

• Win 7/8 64bit
– 8GB, cost $125.00Maintenance Schedule

• I recommend you run this system clean up

every six months.

• It isn't necessary to run the

defragmentation that often unless you

have installed and removed a lot of

programs.Recover Hard Drive Space

• View Hard Drive space usage

• Download and run Spacesniffer

– http://www.uderzo.it/main_products/space_sni

ffer/download.html

– Or Google Spacesniffer

• Zoom in to see details

• Right Click to delete files or foldersQuestions