

To turn off Windows XP System Restore

1. Click Start > Programs > Accessories > Windows Explorer
2. Right-click My Computer, and then click Properties.
3. Click the System Restore tab.
4. Check the "Turn off System Restore" or "Turn off System Restore on all drives" check box .
5. Click Apply. A message will appear stating this will delete all restore points.
6. Click Yes to do this.
7. Click OK.
8. Proceed with what you need to do. For example, removing viruses. Restart the computer and follow the instructions in the next section to turn on System Restore.

To turn on Windows XP System Restore

1. Click Start.
2. Right-click My Computer, and then click Properties.
3. Click the System Restore tab.
4. Uncheck the "Turn off System Restore" or "Turn off System Restore on all drives" check box.
5. Click Apply, and then click OK.

System Restore will create regular backups of selected system files and program files. For more information, read the Microsoft Knowledge Base article, Q306084.

To Restore Windows XP to a Previous DATE:

1. Click Start...Programs...Accessories.
2. Click System Tools...System Restore.
3. A calendar will come up, you may select any date that is in **BOLD**. Your computer's registry will be reset to the way it was on the date selected.

Note: This feature is used when problems develop in order to go back to a time prior to the problem in the hopes that will fix the problem.

A Corrupted System Restore:

Run XP's System File Checker

Windows XP (source: <http://support.microsoft.com/kb/318378/en-us>)

Use the System File Checker tool to scan all of the protected files on your computer:

- Click **Start**, and then click **Run**.
- In the **Open** box, type `sfc /scannow`, and then click **OK**.

Note: that you may be prompted for the Windows XP or Windows XP Service Pack installation disks, so have them ready.

OLD RESTORE POINTS MAY BE REMOVED (ME and XP)

- 1. Doubleclick MY COMPUTER.**
- 2. Rightclick the C:\ drive, select Properties.**
- 3. Click Disk Cleanup.**
- 4. When Disk Cleanup finishes, click MORE OPTIONS. Select Clean Up under System Restore.**

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