




# Brian Gongol's Security Update

Weekly Checklist for July 29, 2006




See [www.gongol.com](http://www.gongol.com) for updates throughout the week

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## Urgent this week:

-  Firefox users need to upgrade to version 1.5.0.5 – it's available by clicking on “Help” and “Check for updates”.
  -  The rise of “fuzzing” attacks is another reminder that you should run your computer on a limited-access account for virtually everything you do. See our instructions below under “Other recommended security measures.”
  -  Symantec is warning of a new batch of “Trojan horse” viruses that appear to be coming from online retailers, but really come from crooks trying to launch identity crimes. Don't open e-mail attachments you don't expect from people you don't trust.
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## Important to do every week:

-  Run a backup of your important computer files and store it in a safe location.
  -  Update your anti-spyware software and run it. If you need free anti-spyware software, visit <http://www.safer-networking.org/en/spybotsd/> and download Spybot Search and Destroy.
  -  Update your anti-virus software and run it. If you need free anti-virus software, visit <http://free.grisoft.com> and download AVG Anti-Virus.
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## Other recommended security measures:

-  Set up a limited-access user account on your computer and use it for most purposes. See <http://www.gongol.com/howto/createalternateadmin/> for complete instructions.
  -  Use Firefox, Opera, Safari, or another web browser. See <http://www.gongol.com/howto/getanewbrowser/> for complete instructions.
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## Other helpful links:

-  Listen to the WHO Radio Wise Guys Saturdays from 12:00 – 2:00 Central via streaming audio at <http://www.whoradio.com/> or on 1040 AM.
-  Get a professional website for under \$500 at <http://www.northernrepublic.com/>