



# Brian Gongol's Security Update

Weekly Checklist for May 20, 2006

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




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## Urgent This Week:

-  A major security flaw has been discovered in Microsoft Word which means you will need to take extra precautions to be safe until they release a patch, probably in mid-June.
  1. If you receive a Word document by e-mail, don't open it for 6-8 hours. That will help antivirus programs keep up with new viruses being written to take advantage of the security flaw.
  2. Update your antivirus program constantly and scan all Word documents before opening.
  3. Run an alternative word processor like [OpenOffice](#).
  4. Use alternative file formats like PDF. [OpenOffice](#) includes a free PDF maker.
  5. Run your computer on a [limited-access account](#) whenever possible to limit your exposure to worms and viruses written to attack your computer.
-  The database full of veterans' names and personal information that was lost when a VA employee's laptop computer was stolen from home serves as a good reminder that if you have computers containing valuable personal or business information – whether at work or at home – you need a clear, well-thought-out policy about who should have access to those computers and under what circumstances those computers are allowed to be accessed or to be taken off the property.



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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/>