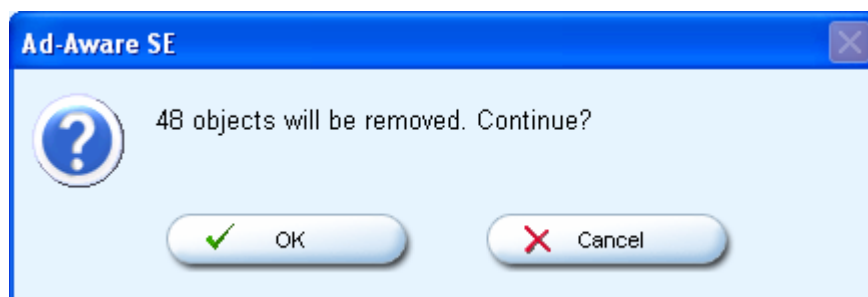


## How To Run Ad-Aware and Clean Spyware

1. Click Start, Programs, Lavasoft Ad-Aware SE Professional, Ad-Aware SE Professional
2. Click (bottom right) **Check for Updates**
  - a. Click Next, and then Finish (or whatever it comes up with)
3. Then Click **Start, then Next**
4. When it finishes (it may take 1 hour to run) Click **Next**
5. Right mouse click on any of the "found objects" and then left click on **Select all Objects**



6. Then Click **Next**
7. You will get a window with how many objects to remove, click **OK**



8. Close and you are done.

Run this between every 1-3 months.