

Protect your computer with our...

Ten Commandments for Fighting Deadly Viruses

In our February *Overnite Lite* issue, we discussed the serious problems computer viruses create.

We explained how viruses attack and how they are spread. We noted that viruses have no allegiance. They can ravage any computer platform, anywhere, at any time.

Now that we understand the universal extent of the problem, what can we do about it? We offer the following guidelines to help you beat virus plagues.

Copresco's Ten Commandments

1. As we have been continually preaching, make sure you have antivirus protection installed on *all* your computers.

2. Update your virus definitions often. During virus epidemics, two or three new updates may be issued in one day.

If you don't have the resolve to update regularly, consider using a subscription service. Most antivirus software firms offer services that will automatically send you definition updates via e-mail.

3. Be suspicious of attachments, especially those with uninvited e-mail. When in doubt, trash it. A virus goes to work immediately when activated.

Although jpeg and gif files cannot be infected, viruses may be disguised as these files.

Jokes, photographs, graphics and screensavers are common disguises for viruses attached to e-mail.

4. Set up your software to scan all files you receive over the Internet, your computer network or on all removable media.

Also check the floppy, Zip or Jaz disks you send to Copresco—or share with others—for infections.

5. Ask your company's network administrator what is the best way you can protect your workstation.

Check to see if your company has a server-based virus protection system

installed. If so, you should clarify that it protects all of your company's computers, including PCs and Macs.

6. Many viruses invade Outlook address books and remail themselves to your addressees. Thwart them by switching to another e-mail client (like Eudora, for example).

7. Back up your computer often. If you do have a problem, it won't be a total disaster.

8. Follow the same procedures wherever you work...with your desktop and laptop computers, at the office and at home (and don't forget the kids' computers).

9. If you get a virus, immediately unplug your modem or disconnect from your network, then phone or fax your associates and friends and tell them about the problem.

10. If you don't have an updated antivirus program installed, use an online scanning service **right now**.

This is not, however, a substitute for installing your own antivirus software and updating your virus definitions frequently.

Never Talk to Strangers

Hoaxes pose another threat to computer health. While not actual viruses, they can be just as dangerous. Passed on by well-meaning friends,

these false alerts may provide instructions to delete files that are vital to your computer's operation.

At the very least, hoaxes can waste a lot of valuable time and elevate blood pressure.

A Global Problem

To sum it up, viruses are an unfortunate fact of life in today's wired world.

Left unchecked, viruses can spread their infectious diseases around the globe—and into your domain—in a matter of minutes.

The good news is that these afflictions can be eradicated with a healthy dose of antivirus therapy.

So please take Copresco's advice.

Get started on your prevention program today by following our Ten Commandments for Fighting Deadly Computer Viruses.

Good Friday

Copresco will be open for Good Friday, March 29.

We wish you all a happy Easter weekend.

(630) 690-2000 • Fax (630) 690-8182
lite@copresco.com • www.copresco.com

Internet Addresses Mentioned In This Issue

Back Forward Reload Home Search Netscape Images Print Security Stop

Go To: <http://www.copresco.com> What's Related

For free downloads of fixes for already infected computers:
<http://www.symantec.com/avcenter/tools.list.html>

For free online scanning service (PC only):
<http://housecall.antivirus.com>

To see if a virus threat is real or a hoax:
<http://www.wildlist.org/WildList>

Connect: Looking up host: www.copresco.com...



262 Commonwealth Drive
Carol Stream, IL 60188

Address Correction Requested



Actual story from the AP wire:
"Mark Reynolds Hughes, the multimillionaire founder of Herbalife has died at age 44. He died of apparent natural causes."

The meeting to create an interim Afganistan government got off to a slow start. For a week the only thing Hamid Karzai, Muhammad Mohaqqueq, Qassem Fahim,



and Younous Qanooni could agree on was that George Bush has a funny name.

I have no trouble meeting expenses. They're everywhere.

"Sometimes I think war is God's way of teaching us geography."

—Paul Rodriguez

Graffito seen in Microsoft men's room:

"Failure is not an option. It is bundled with the software."

A young man reported to his first day of work at the big supermarket. The manager



greeted him with a warm handshake, handed him a broom and said, "Your first job will be to sweep out the store."

"But I just graduated from college!" the young man replied indignantly. "I've spent the last five years in school taking classes in business and economics!"

"Oh, sorry," said the manager, taking back the broom. "Here, let me show you how it works."

Mom anxiously awaited her son's return from his first day at school. "Well, what did you learn today?" she asked as he came in the door.

"Not enough," he replied wearily. "They want me to come back tomorrow."

Ad we saw: "Firewood for sale. Never been used."

A little girl was diligently pounding away on her father's word processor.

"What are you up to?" he asked.

"I'm writing a story," she announced matter-of-factly.

"What's it about?"

"I don't know yet," she replied wearily. "I can't read."

A mechanic was working under a car when some brake fluid dripped into his mouth. "Hey—that doesn't taste too bad," he told his assistant.

Throughout the next week the assistant noticed the mechanic sneaking sips of brake fluid. Pretty soon he was up to a can a day. "I'm worried about you," the assistant finally said. "You're drinking an awful lot of brake fluid, and it's not good for you."

"Hey, no problem, don't worry about me," the mechanic replied. "I can stop anytime."

I got a new doctor, and she has a mean sense of humor. On my first visit she said, "As I told you before, Mr. Campbell, you'll experience some memory loss."

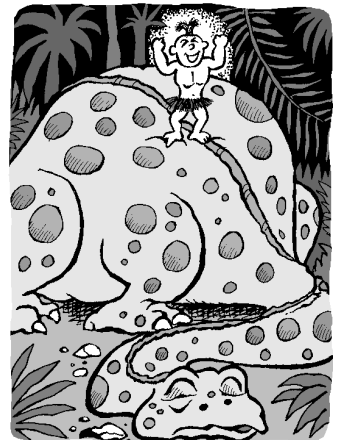
We have enough youth. What we need is a fountain of smart.

The greatest pleasure is to do good by stealth and have it found out by accident.

A Chinese scholar was giving a lecture when all the lights in the auditorium went out. So he asked members of the audience to raise their hands. As soon as they all complied, the auditorium lights blinked on again.

"Just like the old Chinese saying," he commented. "Many hands make light work."

A hunter walking through the jungle found a huge dead dinosaur with a pygmy standing triumphantly atop it. Amazed, he asked: "Did you kill that?"



"You bet," the pygmy replied. "Just me and my club."

"Wow!" the astonished hunter said. "How big is your club?"

"Oh," the pygmy replied, "about sixty of us."

They say money is tainted. I know for sure it taint mine.