# Brian Gongol's Security Update

*Weekly Checklist for April 22, 2006*

*See [www.gongol.com](www.gongol.com) for updates throughout the week*

## Urgent This Week:

Find a secure off-site location where you can store your computer backups. Set up a "backup buddy" arrangement with a friend who lives in another community – even if it's only a couple of miles away. That way, if you are somehow caught in a catastrophic situation – like the tornado that hit Iowa City – you'll have a copy of your critical computer data safely stored someplace else. This shouldn't replace your conventional backups that you keep at home; it should be an extra backup on top of your normal ones.

If your business hasn't made plans for some key employees to work off-site in case of disaster, bring it up with someone in charge. One study says that if we encountered a flu pandemic, 40% of health-care employees wouldn't make it to work. Can your firm survive with 40% of its people out of the office? Now is the time to plan ahead so key employees can still do work if they can't make it to the office.

## 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.

## 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 other than Internet Explorer. See http://www.gongol.com/howto/getanewbrowser/ for complete instructions.

## 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.

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