

## Anti spyware programs

There are millions of internet scams available. With so many people going to the same sources for information, it has become relatively easy over the past few years to integrate spyware into programs so hackers and thieves can track your moves on the internet.

Certain types of spyware can be referred to as tracking cookies. These cookies are small bits of encrypted text that companies place on your hard drive every time you visit their website. They can then review other websites you have visited, how long you have spent visiting particular websites, and whether or not you purchased items from particular websites. If this idea of tracking your internet activity gives you kind of a creepy feeling, you are not alone. For this reason, there are a lot of different types of anti spyware programs available.

What these programs do is clear your hard drive of any tracking cookies that may have been placed on your drive during an internet session. It almost seems to be a kind of "big brother" in which every move you make is being watched. Scam artists use certain kinds of spyware to access your bank and personal information, if you frequently use those websites during internet sessions. Removing tracking cookies is something that can be done relatively easily. There are programs which help you remove spyware from your computer.

Some of the more advanced spyware programs will automatically block cookies from being encrypted onto your drive at all. Some will allow you to remove cookies with a quick scan after each internet session whilst others run regularly at a set time, chosen by you, to ensure spyware programs are run at a somewhat regular interval.

Spyware isn't necessarily a bad thing. Companies first used it to be able to target banner ads and other advertisements directly to the user on the internet. They become an issue when there is a lot of information encrypted onto a hard drive. The computer can then begin to run slowly, and cause more errors. It can also be considered an invasion of privacy.

For this reason, it is best to run [anti spyware](#) programs at regular intervals to make sure you won't be an easy target for different kinds of internet scams. Running anti spyware programs will also help ensure you can keep your computer running smoothly and free of bugs or glitches which may come with being overloaded with too much information.

## About the Author

For more information about anti spyware software and other [internet security software](#) , please visit [www.k7computing.com](http://www.k7computing.com) for expert advice.

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