
File recovery and history erasure

Posted by nbbii - 2008/03/03 09:16

Is there any possible way to trace computer activity on the net once something has been erased from the computer, defragmented, and even temp internet cookies erased and deleted?

If so, is there any way to erase that information from the computer base so as not to be traceable?

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Re:File recovery and history erasure

Posted by garth - 2008/03/03 14:09

Hi nbbii,

What you've described should be more than enough to protect against the casual user from tracking your Internet use. I'd add making sure you've deleted all your temporary Internet files and rebooted your machine (in case any of your tracks are stored in your swap file).

If you're worried about more advanced users I recommend the free BCWipe utility from <http://www.jetico.com/bcwipe3.htm> - run it with the "Wipe free space" and "Wipe unused swap space" options to securely erase any trace of the deleted files from your system (which can still be recovered with some professional data recovery software).

Finally, your Internet connection can be traced at any of the network nodes between you and your destination site. The best way to block this is through an anonymous proxy service - such as Tor (<http://www.torproject.org> - free but quite technical to set up), <http://proxify.com> (free) or <http://www.anonymizer.com> (paid).

There are many reasons to want to protect your privacy online - from preventing identity theft to publishing sensitive information - I hope the above has given you enough ammunition to protect yourself online.

If you'd like someone to come out and scan your PC for spyware/keyloggers or to set up anonymous, secure browsing for you in the Orlando area then please don't hesitate to give us a call.

Kind regards,
Gareth

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