How Do I Get Rid Of Spyware?

Many kinds of unwanted software, including spyware, are designed to be difficult to remove. If you try to uninstall this software like any other program, you might find that the program reappears as soon as you restart your computer. If you're having trouble uninstalling unwanted software, you may need to download a tool to do the job for you. Several companies offer free and low-cost software that will check your computer for spyware and other unwanted software and help you remove it.

Some Internet Service Providers (ISPs) include antispyware software in their service packages. Check with your ISP to see if they can recommend or provide a tool. If your ISP doesn't offer a removal tool for spyware and other unwanted software, ask people you trust to recommend one, or see the links in step 1 below. Keep in mind that removing unwanted software with these tools may mean you will no longer be able to use a free program that came with the spyware.

To remove spyware:

1. Download the new [Microsoft Windows AntiSpyware (Beta)](#) or another [spyware removal tool](#).

2. Run the tool to scan your computer for spyware and other unwanted software.

3. Review the files discovered by the tool for spyware and other unwanted software.

4. Select suspicious files for removal by following the tool's instructions.

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