

Cover Your Tracks

If you share your computer with other individuals or family members, you may want to remove any reference to your visit to this site. The following instructions tell you how to do just that. Please note that computers are also available for your free use at the public libraries.

PC Windows - for Internet Explorer users

(Before closing the Browser)

Step 1 :

Select the Tools in the menu bar. Open the Internet Options Dialog Box and select the General Tab.

Step 2 :

In the Temporary Internet Files, click Delete Files. Check the "Delete all offline content" and click OK.

Step 3 :

In the History, click Clear History.

Step 4 :

In Temporary Internet Files, click Delete Cookies and then OK.

Step 5 :

Click OK to exit the Internet Options Dialog Box.

PC Windows - for Netscape users

(Before closing the Browser)

Step 1 :

Select the Edit in the menu bar, then select the Preference.

Step 2 :

Under the Category, select Navigator. Then click Clear History as well as Clear Location Bar.

Step 3 :

Under Privacy & Security, select Cookies. Then click View Stored Cookies. Lastly, click Remove All Cookies.

Step 4 :

Under the Category, select Cache under Advanced. First click the Clear Memory Cache followed by the Clear Disk Cache.

PC Windows - for all

(right click the mouse on the Start at the bottom of the menu bar, select Explore)

Step 1 :

Select Windows in the C drive.

Step 2 :

Open the Temporary Internet Files Folders. Select all the files inside this folder and delete.

Step 3 :

Open the History folder (e.g. c:\windows\history\today in Win 98), select all the files inside this folder and delete.

Step 4 :

Open the Cookies folder (e.g. c:\windows\cookies in Win 98), select all the files inside this folder and delete.

Step 5 :

Disable the AutoComplete in the windows and/or browser options.

Step 6 :

Finally, after completed the above deletions, you should also empty the recycle bin.

PC Windows - Mozilla Firefox

(Before closing the Browser)

Step 1:

Select the Tools in the menu bar, then select the Options.

Step 2:

Click on the "Privacy" Option, with the picture of a padlock.

Step 3:

Select the "History" tab. Click on "Clear Browsing History Now".

Step 4:

Select the "Cache" tab. Click on "Clear Cache Now".

Step 5:

Click "OK" to exit the Options dialogue box.

Mac - Safari

(Before closing the Browser)

Step 1:

Go to "history" tab on the main menu.

Step 2:

Scroll down to "clear history".

Mac - Firefox

(Before closing the Browser)

Step 1:

Go to "preferences" under the "Firefox" tab in main menu.

Step 2:

Click on "Privacy" tab then go to the "Private Data" section on the bottom.

Step 3:

Click "Clear Now".

Mac - Netscape

(Before closing the Browser)

Step 1:

Go to "Edit" menu and select "Preferences".

Step 2:

Select "Navigator" under the "Category" listing.

Step 3:

Select "Clear History" in the "History" area.

Step 4:

Click "OK" to erase history.

DON'T FORGET o

A partner can often tell when a woman makes up her mind to stop the abuse. Do not underestimate your partner. Cover Your Tracks.