Inspect and Audit your computer

If you can't afford to start from scratch or already have some things in place then you should at least audit your computer.
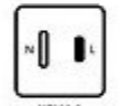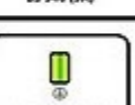
If you're on a mac you can download and run Etrecheck.

★★★★½

etrecheck.com

EtreCheck

securityinabox.org

Protect against malware

Protect against malware

securityinabox.org

Protect your Windows device

Protect your Windows device

securityinabox.org

Protect your MacOS device

Protect your MacOS device

securityinabox.org

Protect your Linux device

Protect your Linux device