

# Security Manual for Nationalist Activists

**PROTECT YOUR ACTIVITIES – IMPROVE YOUR SECURITY!**

## **I. FILE PROTECTION**

## **II. CLEAN ACTIVITY TRACES**

We recommend installation and use of both software products “CCleaner” and “Privazer”.

## **III. PROTECT YOUR PASSWORDS FROM KEY-LOGGERS:**

Download and install “Zemana AntiLogger Free” from here:

<https://www.bleepingcomputer.com/download/zemana-antilogger-free/>

**Direct link:**

[https://download.bleepingcomputer.com/dl/6e8d4a058db298de6ed880ddbaf6b6db/5ea18dde/windows/security/anti-keylogger/z/zemana-antilogger-free/AntiLoggerFree\\_Setup.exe](https://download.bleepingcomputer.com/dl/6e8d4a058db298de6ed880ddbaf6b6db/5ea18dde/windows/security/anti-keylogger/z/zemana-antilogger-free/AntiLoggerFree_Setup.exe)

## **IV. FIREWALL PROTECTION**

**COMODO Firewall Free:**

<https://www.comodo.com/home/internet-security/firewall.php>

*User manual:*

<https://help.comodo.com/topic-72-1-451-4730-Firewall-Tasks-%E2%80%93-Introduction.html>

## **V. ANTI-VIRUS PROTECTION:**

Choose your Anti-Virus software from the “Best free Anti-virus for 2020”:

<https://uk.pcmag.com/antivirus/120817/the-best-free-antivirus-protection-for-2020>

## **VI. ANTI-SPYWARE PROTECTION:**

Protect your computer against spyware with “Super Anti-Spyware Free”:

<http://www.superantispyware.com/downloadfile.html?productid=UPERANTISPYWAREFREE>

## VII. COMMUNICATION PROTECTION

### 1. TOR Browser Proxy:

<https://www.torproject.org/download/download-easy.html.en>

*FAQ page for TOR:*

<https://www.torproject.org/docs/faq.html.en>

### 2. Encrypted e-mail services:

#### **ProtonMail:**

Registration:

<https://protonmail.com/signup>

Login page:

<https://protonmail.ch/login>

### 3. Encrypted chat services:

#### **Unseen:**

<https://unseen.is/>

### 4. Encrypted Text and Audio calls for Android and iOS:

#### **Signal:**

Download page for Android:

[https://play.google.com/store/apps/details?id=org.thoughtcrime.securesms&hl=en\\_us](https://play.google.com/store/apps/details?id=org.thoughtcrime.securesms&hl=en_us)

Download page for iOS:

<https://apps.apple.com/us/app/signal-private-messenger/id874139669>

## VIII. PASSWORD PROTECTION!

#### **Password Safe**

##### **Download link:**

<https://www.fosshub.com>Password-Safe.html>

##### **Quickstart Guide:**

<https://www.pwsafe.org/quickstart.shtml>

## IX. REMOVAL OF METADATA FROM FILES

### 1. MS Word Files:

<https://www.webucator.com/how-to/how-remove-metadata-from-microsoft-word-files.cfm>

### 2. PDF Files:

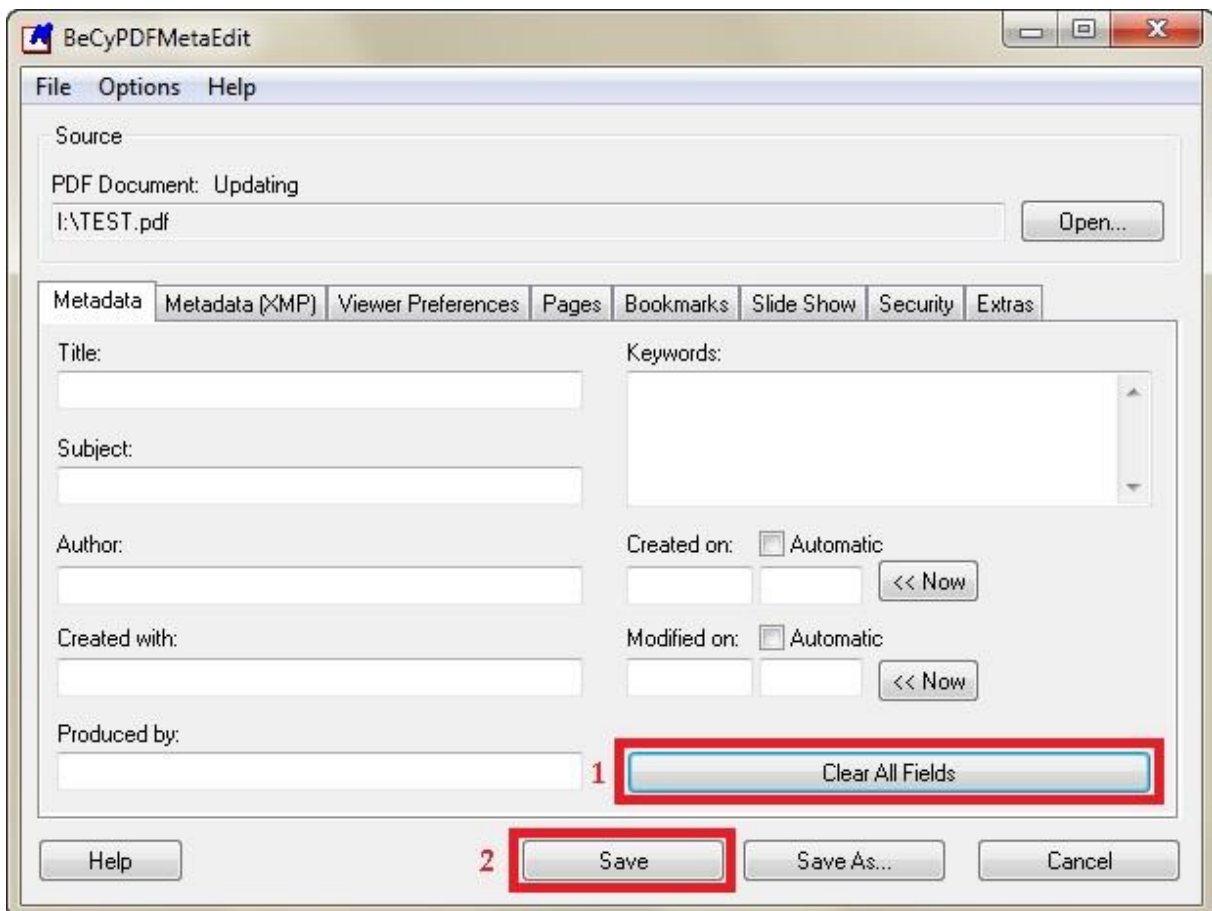
Use application **BeCyPDFMetaEdit**:

#### Download link:

<https://becypdfmetaedit.en.softonic.com/>

#### Instructions:

1. Open the desired PDF file.
2. Click on **Clear All Fields**
3. Click on Save



### 3. Image files:

Use application **BatchPurifier**

#### Download link:

<http://digitalconfidence.com/downloads.html>

**Instructions:**

<http://digitalconfidence.com/BatchPurifier-Using.html>

# **I. FILE PROTECTION**

## **1. How to Encrypt Your Hard Drive with VeraCrypt**

Watch this video tutorial to learn how to do a full disk encryption of your hard drive:

<https://www.youtube.com/watch?v=0z1tSIJxSsg>

An article about the same process:

<https://www.howtogeek.com/howto/6169/use-truecrypt-to-secure-your-data/>

## **2. How to Create an Encrypted USB with VeraCrypt**

Watch this video tutorial to learn how to encrypt an USB flash drive:

[https://www.youtube.com/watch?v=WR14C9ntu\\_s](https://www.youtube.com/watch?v=WR14C9ntu_s)

An article about the same process:

<https://www.maketecheasier.com/create-encrypted-usb-with-veracrypt/>

## **3. How to Create and Use a VeraCrypt Container**

Watch this video tutorial to learn how to create a VeraCrypt Container:

<https://www.youtube.com/watch?v=Ogm9QHOpFqU>

An article about the same process:

<https://www.veracrypt.fr/en/Beginner%27s%20Tutorial.html>

## II. CLEAN ACTIVITY TRACES

### 1. CCleaner

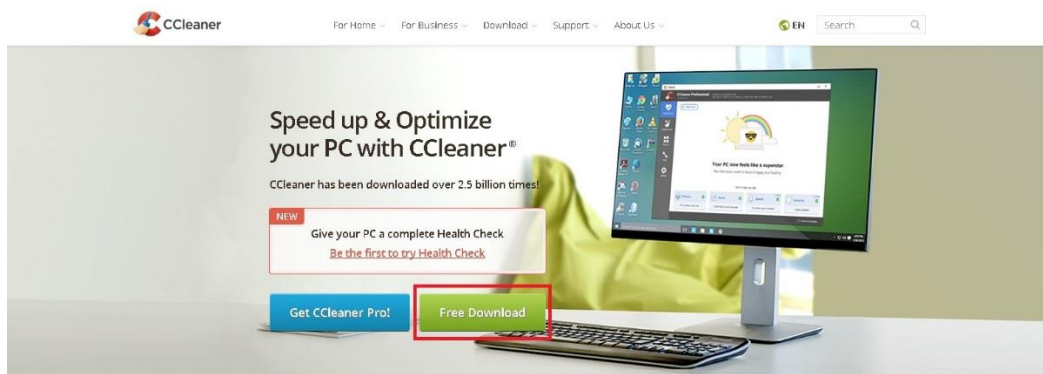
CCleaner is a great utility tool to help you clean all the unwanted files lost in your computer system. Though system cleaning is very helpful, there is also a risk of important files getting deleted together with the junk files. To avoid this, CCleaner has a file-deletion security feature to avoid important system files accidentally getting lost.

#### 1) How to Enable Secure File Deletion in CCleaner?

#### Part 1 of 2: Installing the CCleaner App

1  
Download CCleaner installer. Go to the Piriform website to download the installer:

<https://www.ccleaner.com/>



Simple cleaning when you need it, or fully automated PC maintenance?

See which version of CCleaner suits you:

CCleaner Free	CCleaner Professional
Our standard version frees up space, clears your online tracks and helps you manage your machine so it runs faster.	Our best-ever version combines all the features of Free with the power of automation, so your PC always stays clean, safe and fast.
Standard privacy protection	Standard privacy protection
Standard cleaning	Standard cleaning
Complete PC Health Check	Complete PC Health Check
Software Updater	Updates apps to reduce security risks
Complete cleaning	Complete cleaning
Keeps your browsing history private	Keeps your browsing history private
Detects and removes internet trackers	Detects and removes internet trackers
Keeps you from running out of space	Keeps you from running out of space
Instant product updates	Instant product updates
Priority customer support	Priority customer support
<a href="#">Download</a>	<a href="#">Buy Now</a> 24.95 €

CCleaner

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EN Search

**CCleaner**  
The world's most popular PC cleaner  
It protects your privacy and makes your computer faster and more secure

	FREE	PROFESSIONAL Free Trial	BEST VALUE PROFESSIONAL BUNDLE UP TO 3 PCS Buy Now
<b>Faster Computer</b> Control which apps use your computer's resources	✓	✓	✓
<b>Privacy Protection</b> Removes tracking files and browsing data	✓	✓	✓
<b>New PC Health Check</b> Automatically analyzes, fixes and tunes your PC's performance	✓	✓	✓
<b>Software Updater</b> Quickly updates apps to reduce security vulnerabilities	✗	✓	✓
<b>Cleans Everywhere</b> Even places other cleaners can't reach	✗	✓	✓
<b>Guards Against Junk Files</b> Monitors junk in real-time	✗	✓	✓
<b>Automatically Clears History</b> Cleans your browser when you close it	✗	✓	✓
<b>Always Up-to-date</b> CCleaner keeps up with your browsers and operating system	Manual	✓	✓
<b>Faster, Longer-lasting Hard Drives</b> Includes Defraggler to keep hard disks healthy and running efficiently			✓
<b>File Recovery</b> Includes Recuva, so you never have to worry about losing a file again			✓
<b>See Inside your PC</b> Includes Speccy, so you can spot issues or find compatible upgrades			✓
	Download	Buy Now 24.95-49.95 €	Buy Now 29.95-49.95 €

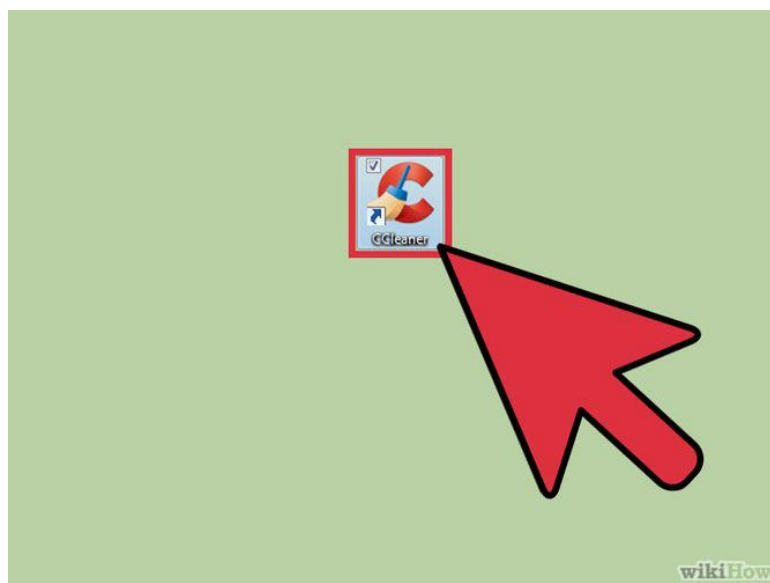
CCleaner Free and Professional are for home use only. Get CCleaner for your Business

2

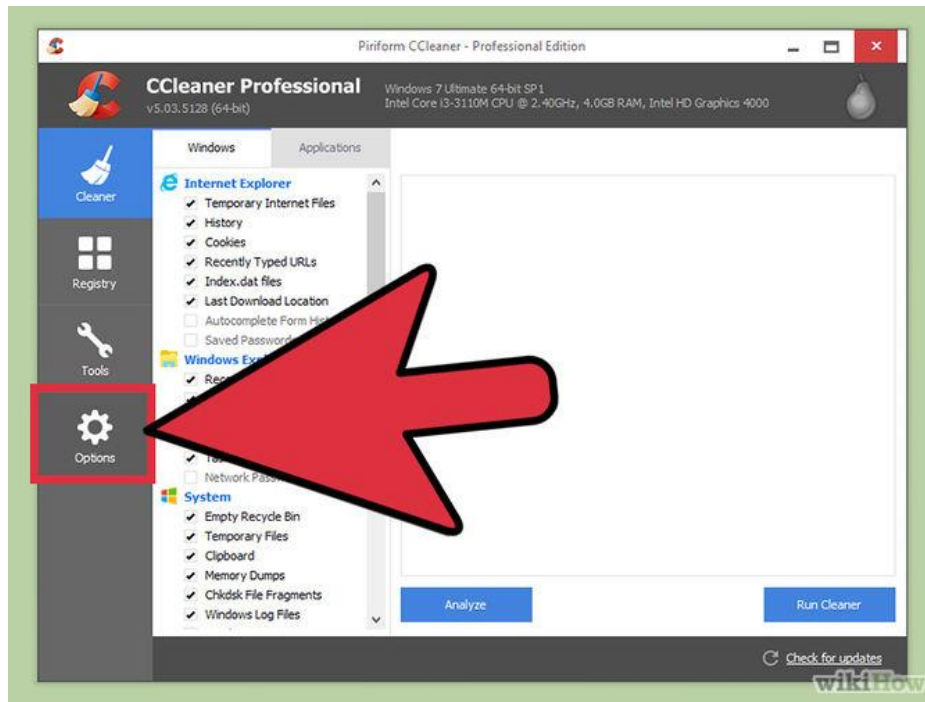
**Install the program.** Go to the folder where you saved the downloaded installer. Double-click on the file to start installation.

Ad

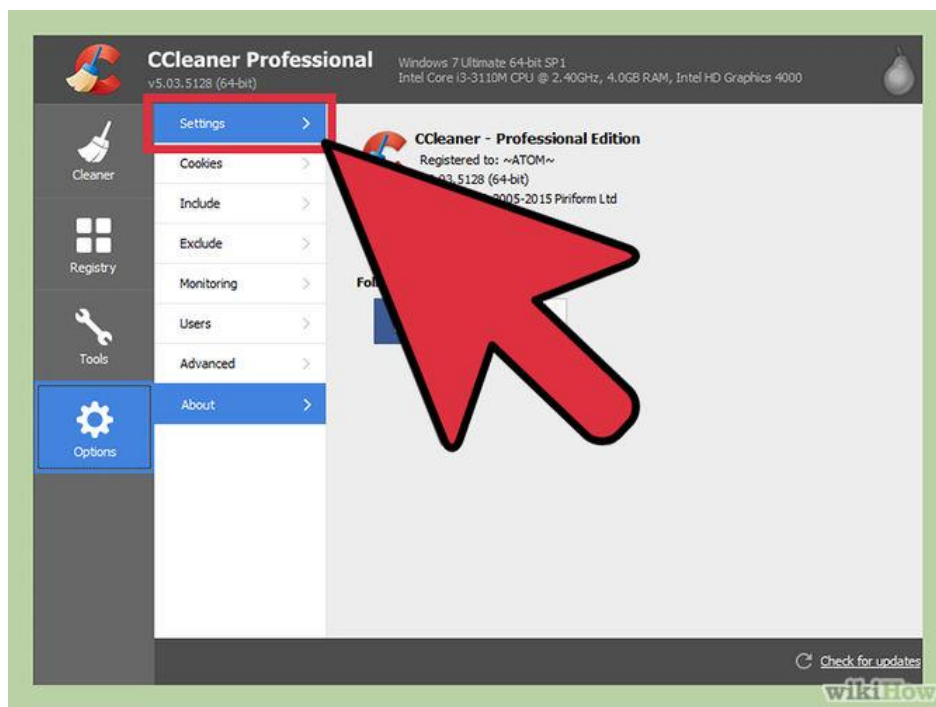
## Part 2 of 2: Securing Your Files



**Start CCleaner.** Just click on the shortcut from the desktop.

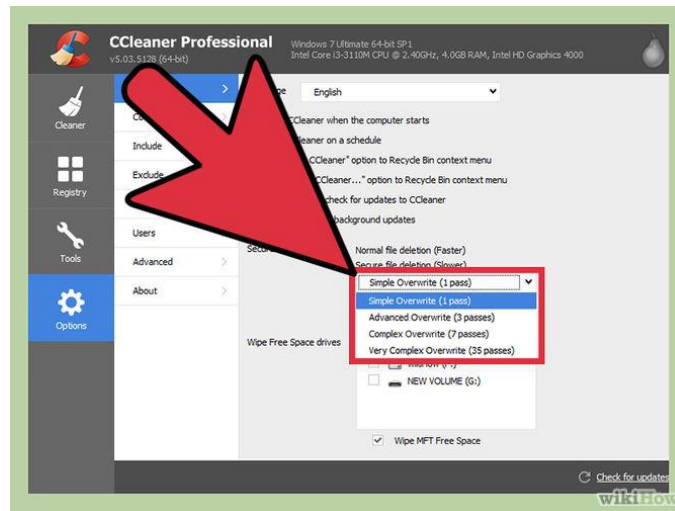


2. Click **"Options."** This is the gear icon on the menu panel on the left part of the window. This will open the "Options" menu.



3. Click **"Settings."** In Settings, locate the "Secure Deletion" in the screen. The setting offers two options:  
Normal File Deletion—This option offers no security at all and will delete any file it detects to be junk.  
Secure File Deletion—Sets the number of times the system will read a file to determine whether or not it needs to be deleted.





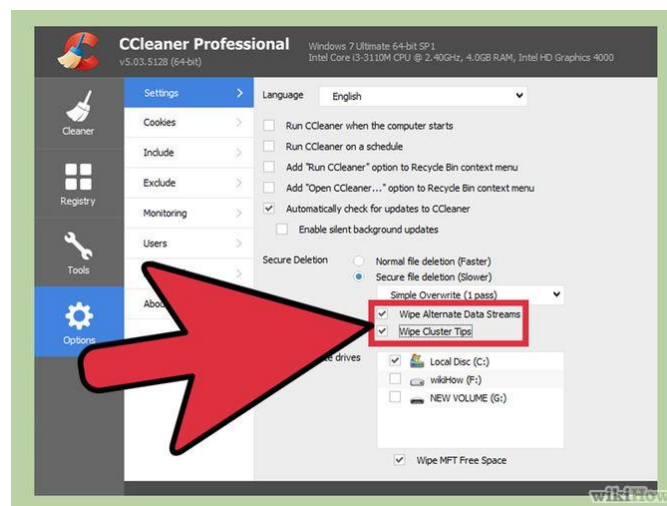
4. **Set the type of secure file deletion you want.** There are four degrees of Secure File Deletion:

Simple Overwrite (1 Pass)

Advance Overwrite (3 Passes)

Complex Overwrite (7 Passes)

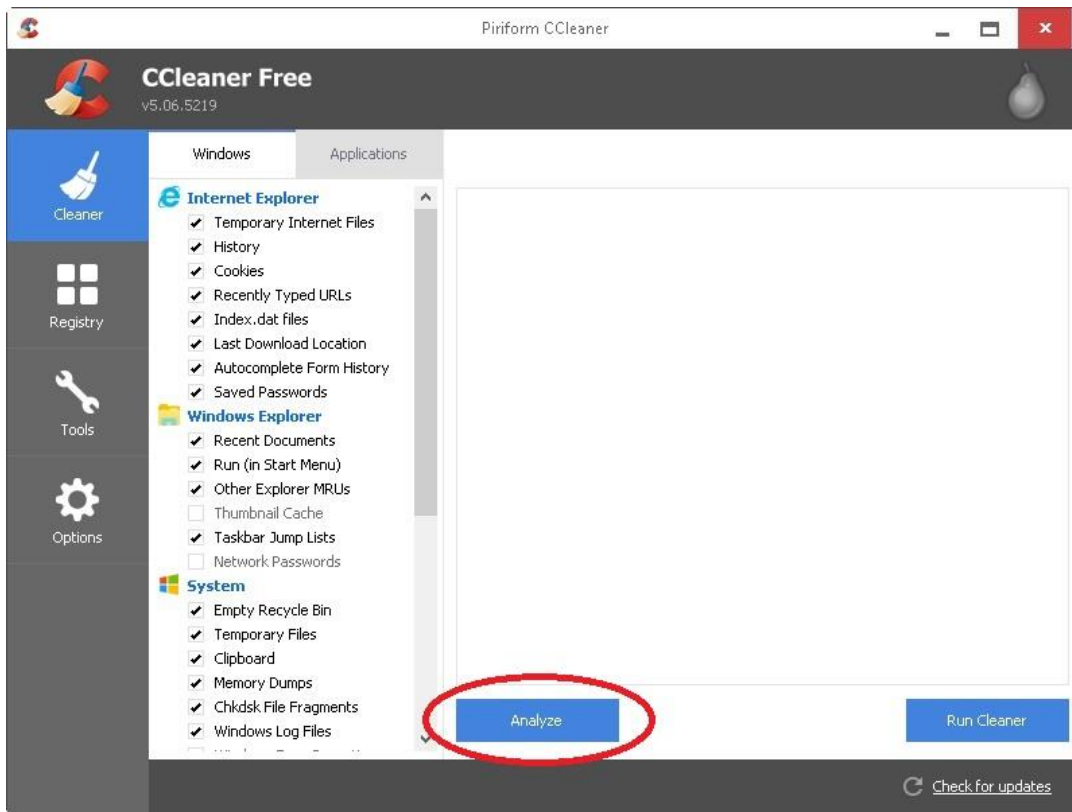
Very Complex Overwrite (35 Passes)



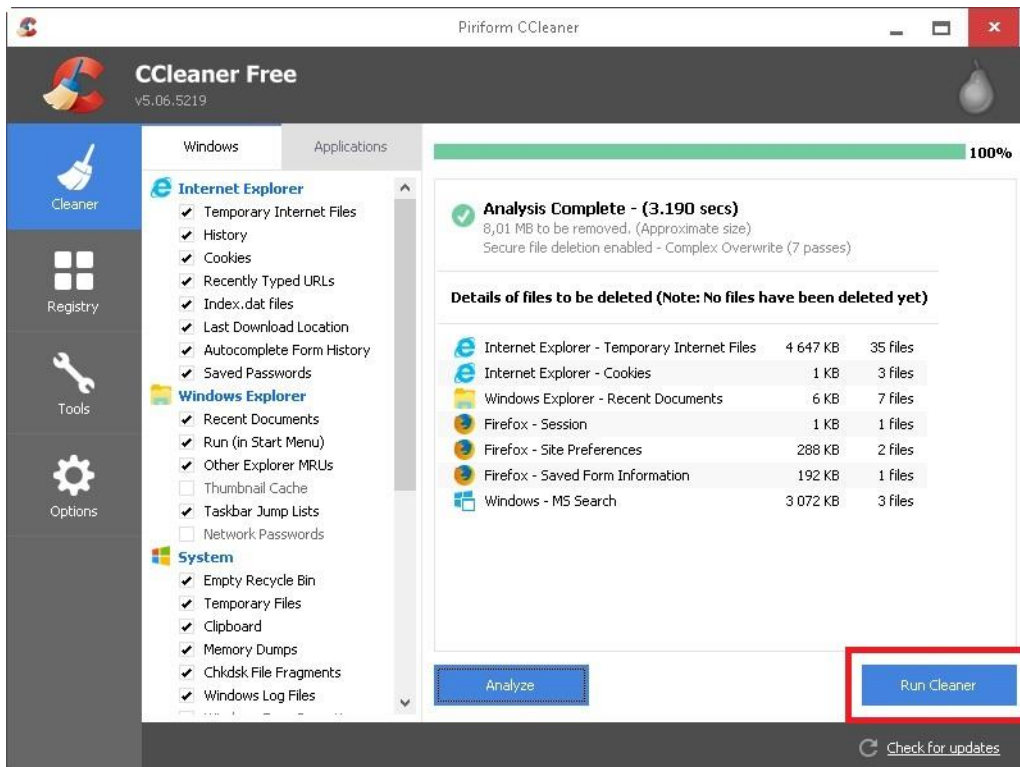
5. **Set options for more complex file deletion.** You can also set whether to include “Wipe Alternate Data Streams” and “Wipe Cluster Tips.” It is unchecked by default since it involves complex file deletions.

## 2) How to work with CCleaner?

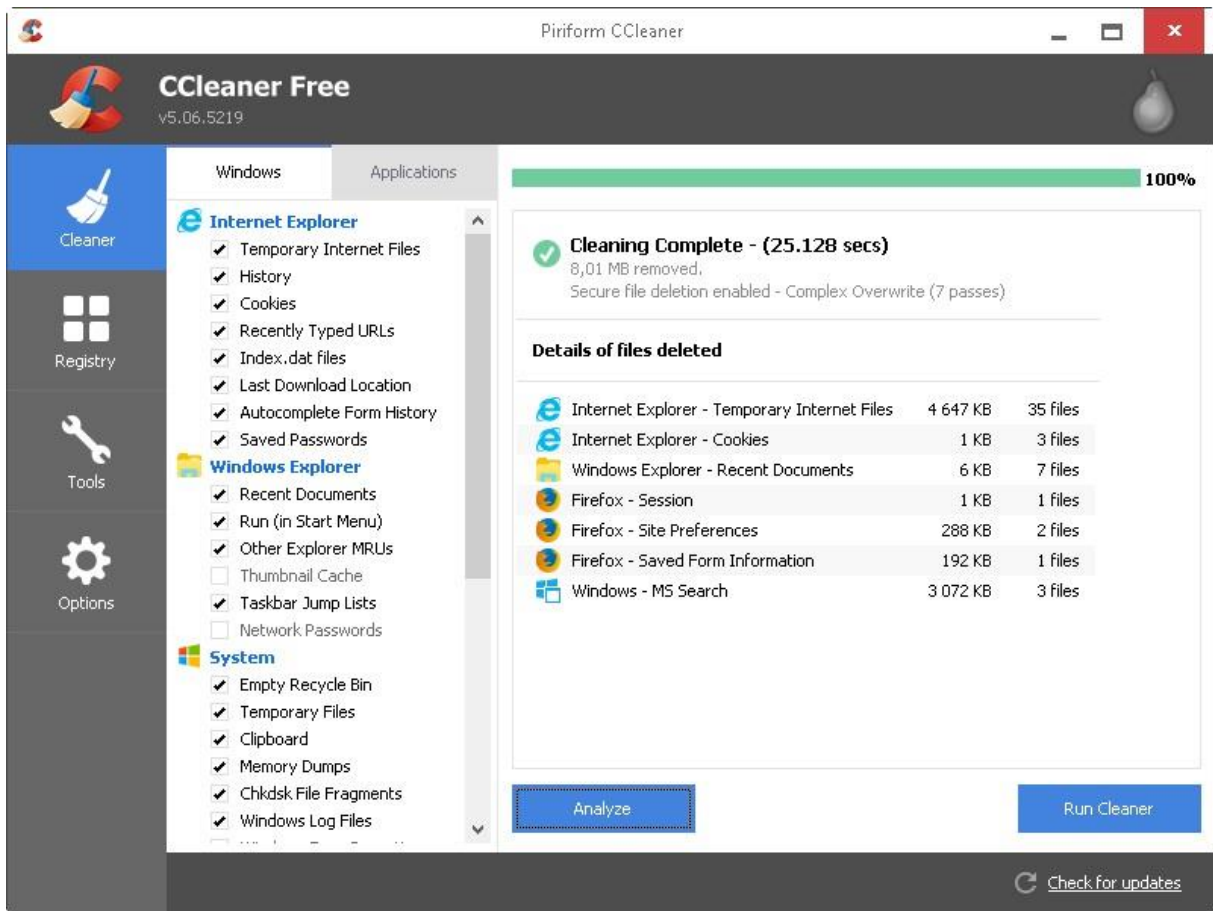
1. Click on button “Analyze”:



2. After the scan is done click on button “Run Cleaner”:



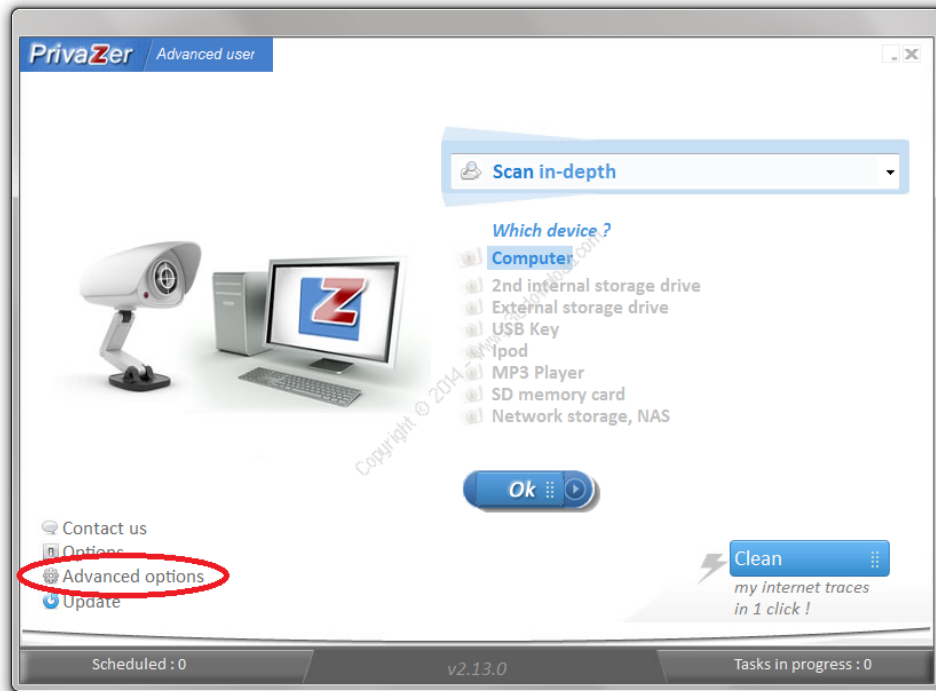
3. The “Cleaning Complete” screen shows up – all activity traces are cleaned:



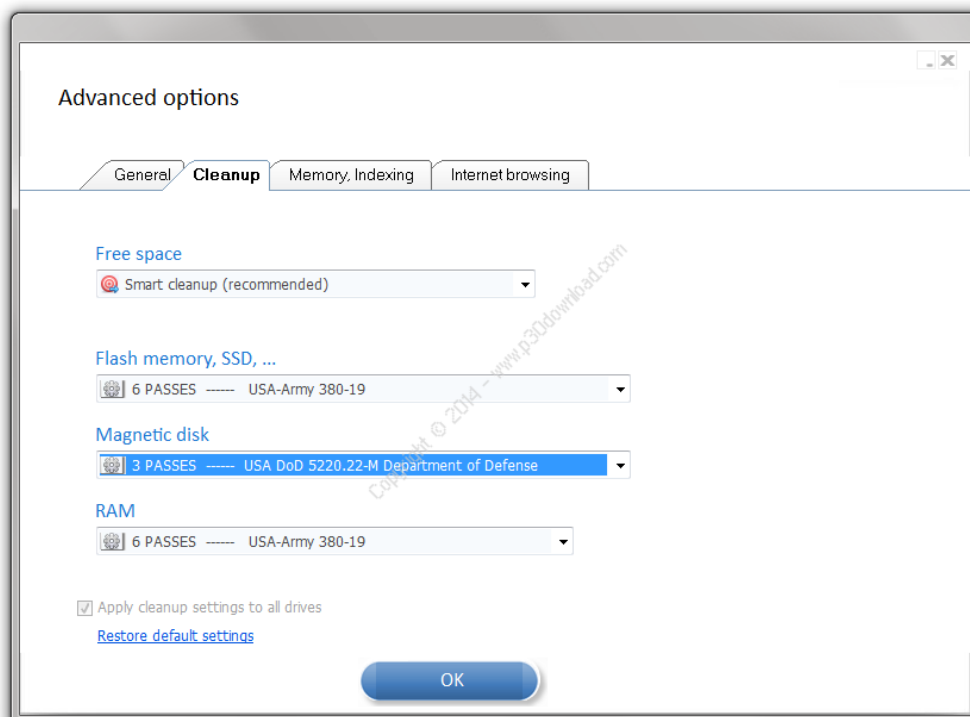
## 2. Privazer

1) YOU MUST ALSO SET SECURE-DELETION SETTINGS – IT IS VERY IMPORTANT!

Click on “Advanced options”:



Then go to the menu “Cleanup” and choose the options shown on the screen-shot:



## 2) INSTALLATION AND WORK INSTRUCTIONS

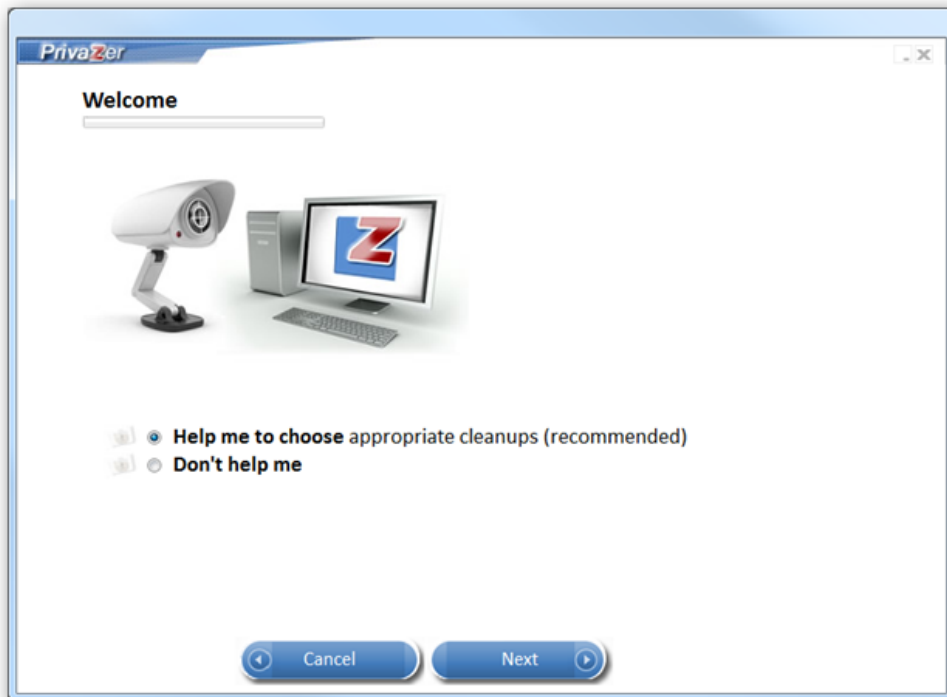
After you [visit PrivaZer's web site and starting the install process](#), you will be asked what type of install you want to perform.



You can just install PrivaZer on your computer, which is definitely recommended or you can create a portable version to use multiple places. You can also simply run PrivaZer without installing it on your computer as well. Once you select what type of install you want, click "Install" to finish the installation.



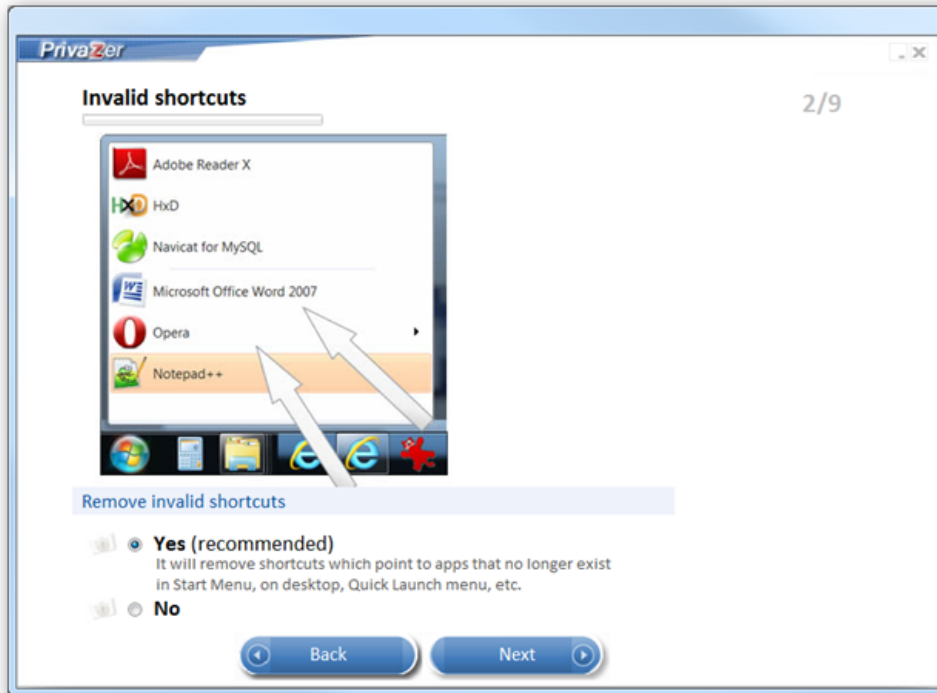
After the install is complete, you will be asked whether you want to create shortcuts and contextual menus. Choose your settings, then click "Close."



Once you open PrivaZer, you will go through a quick set up. You can choose to utilize it or skip it. For the purpose of this guide, we will walkthrough it with you. Click **“Help me to choose”** and then click **“Next.”**



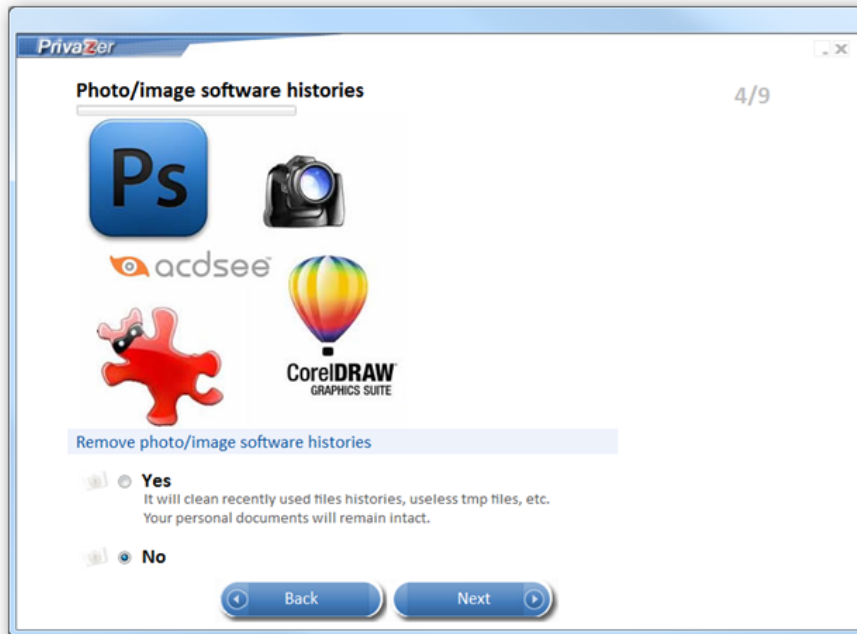
The first settings deal with cookies. You can choose how the program deals with them when found. This includes removing all cookies, saving more common cookies and manually selecting cookies. For most users, the recommended setting will be easiest to use. Click **“Next.”**



The next set of settings deal with invalid shortcuts. This eliminates shortcuts that no longer exists. Most users never clean up shortcuts, so the first time you use PrivaZer you should use this setting to do so. It will help make your computer run faster, especially when opening programs in general. Again, click “Next.”



The third set of settings deal with Microsoft Office’s history. PrivaZer will delete your history in the Microsoft Suite programs you use which can increase the speed of those programs. Then, click “Next.”

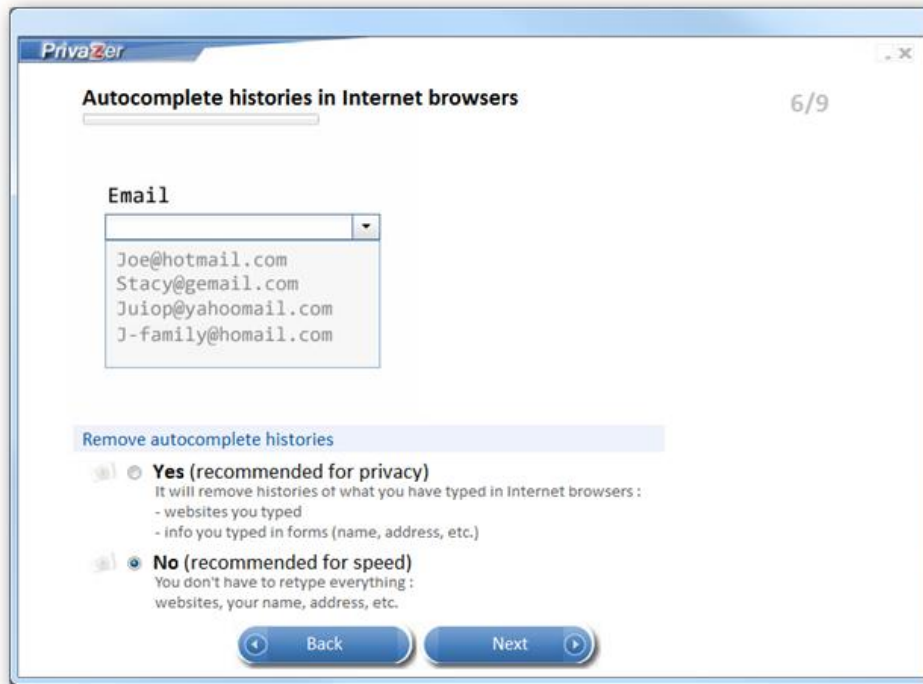


The next set of settings deal with photo and image histories. This will clean up temporary files, shortcuts and other cached information in these programs. This is another way to speed up these programs, too. Click **“Next.”**

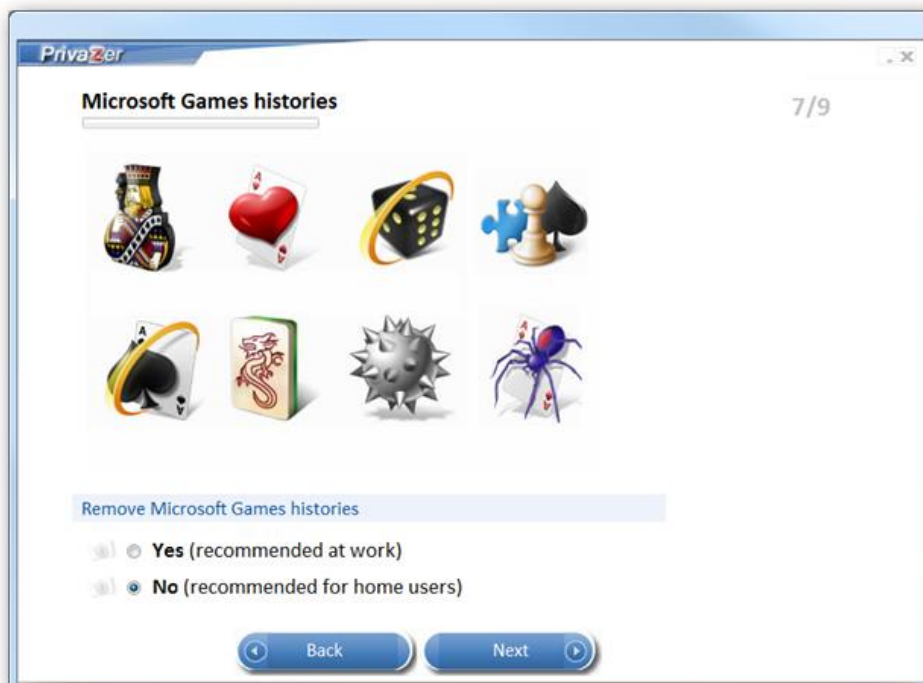


The fifth set of settings handle your thumbnail cache in Windows. Whenever you simply look at pictures in Windows through the Explorer, you may see thumbnails related to them. These are cached so you can see them again quickly, but this can eat up memory. If you have never cleaned up these thumbnails, we recommend using PrivaZer to do so. Now, click **“Next.”**

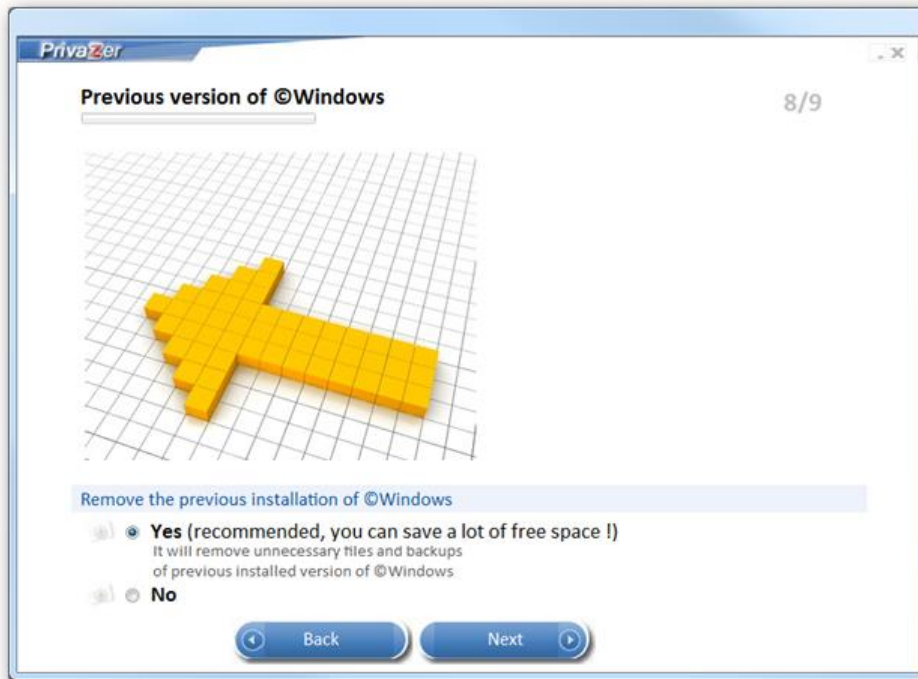




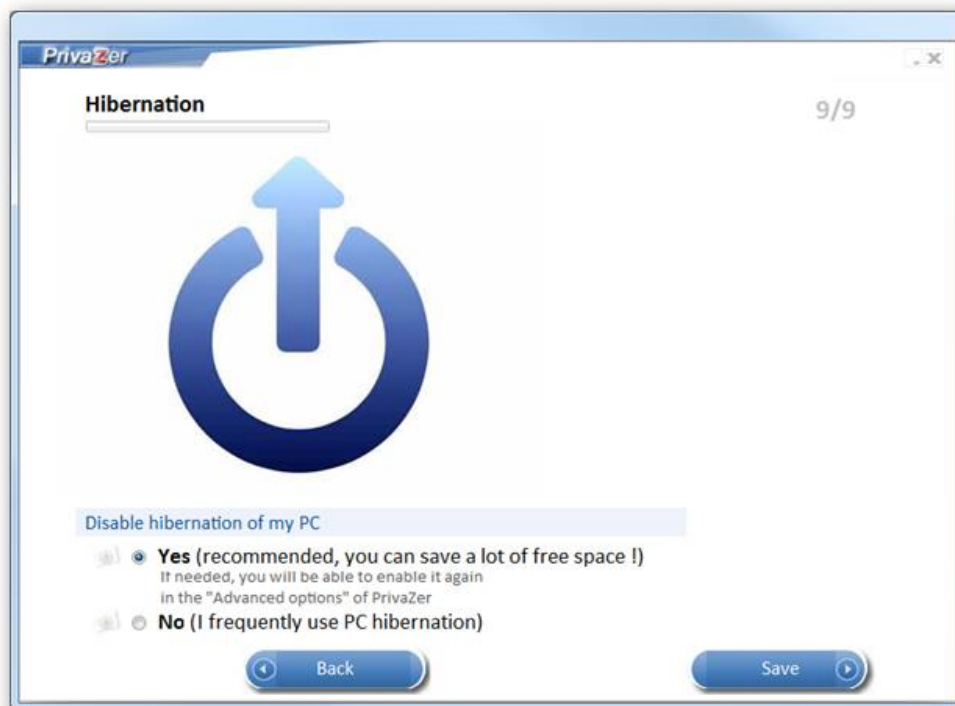
The next set of settings handle auto complete history in browsers. When you enter information in a browser, the browser will save that information for user later when you want to go back to that web site. PrivaZer will delete this history from your browsers. Click “Next.”



The seventh set of settings will deal with Microsoft gaming histories. Microsoft Games actually saves a hefty amount of data to speed up loading time for games, histories and more. This will eliminate those files. Then, click “Next.”



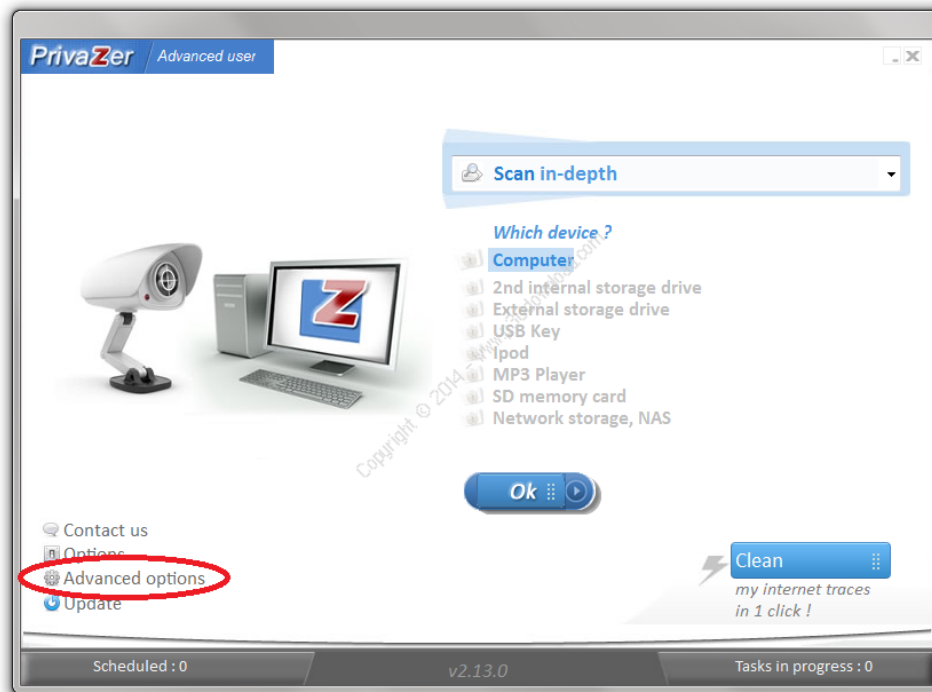
The next set of settings deal with previous installations of Microsoft Windows. If you have upgraded, changed or installed multiple versions of Windows, this will clean that up for you to free up space. Click **“Next.”**



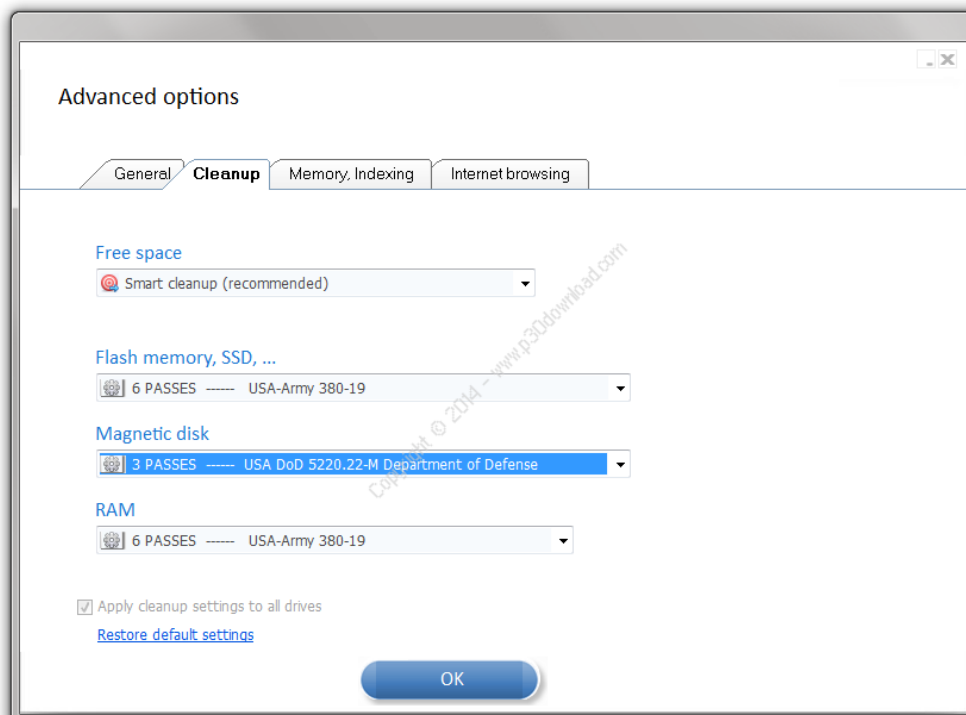
The final set of settings deal with hibernation mode. When Windows goes into hibernation, it still runs programs until you wake it up. This can take up a lot of space and memory. This will turn on or off hibernation mode. Click **“Save”** to end the setup.

**YOU MUST ALSO SET SECURE-DELETION SETTINGS – IT IS VERY IMPORTANT!**

**Click on “Advanced options”:**



**Then go to the menu “Cleanup” and choose the options shown on the screen-shot:**

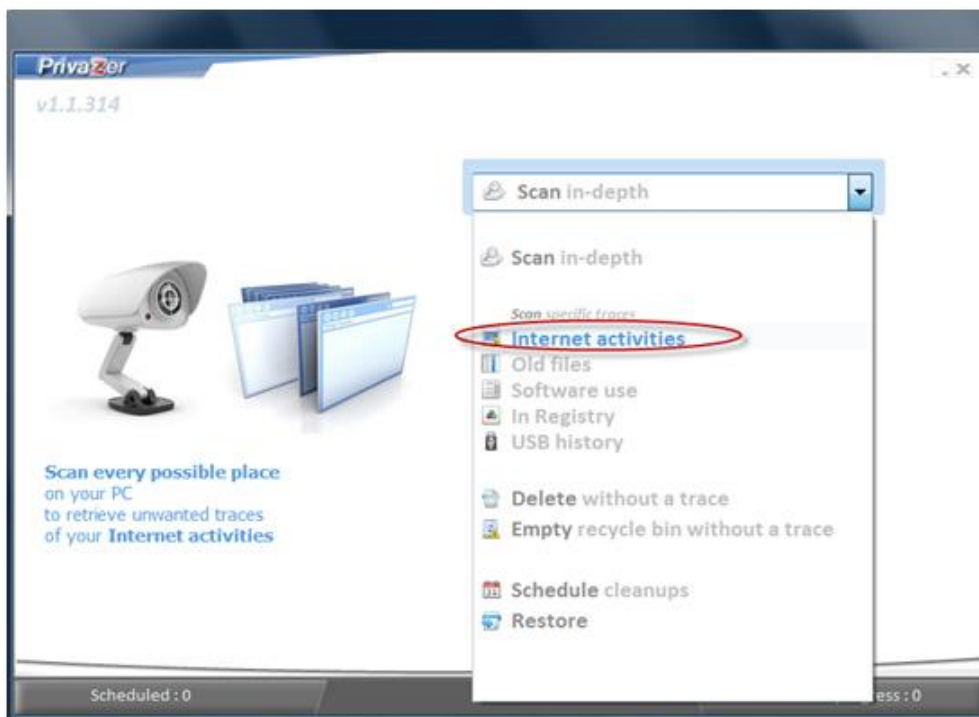


# How to securely clean traces of Internet activity

**Step 1.** Please run Privazer and click on the dropdown list which shows "Scan in-depth" as the first item.



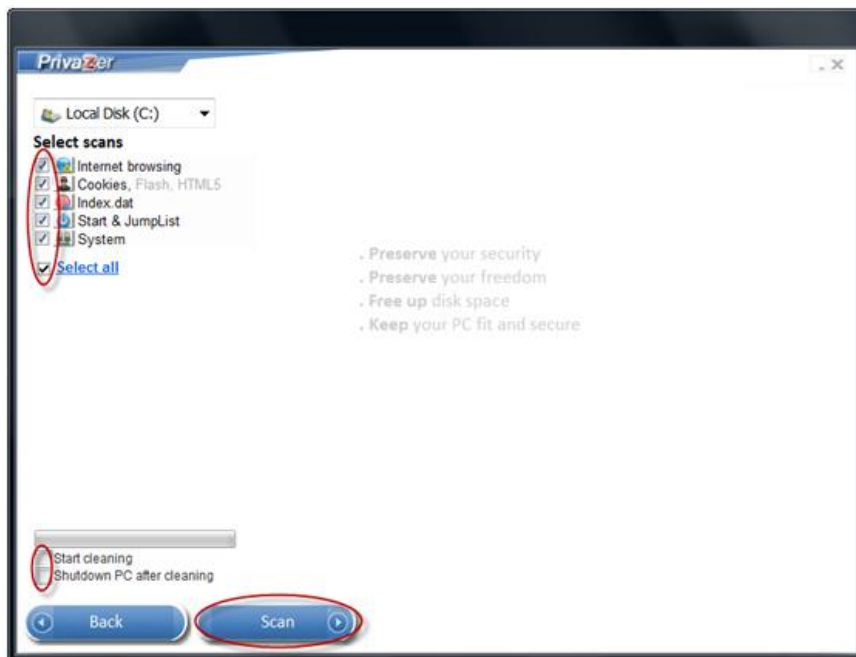
**Step 2.** Please click on the "Internet activities" option from the dropdown list.



**Step 3.** Please check the boxes on which areas of the computer that you want to be scanned. You can also check on the "Start cleaning" option to start the clean up immediately after the scan. Another option that you can choose is to check the "Shutdown the PC after cleaning option" to turn off the PC after cleaning.

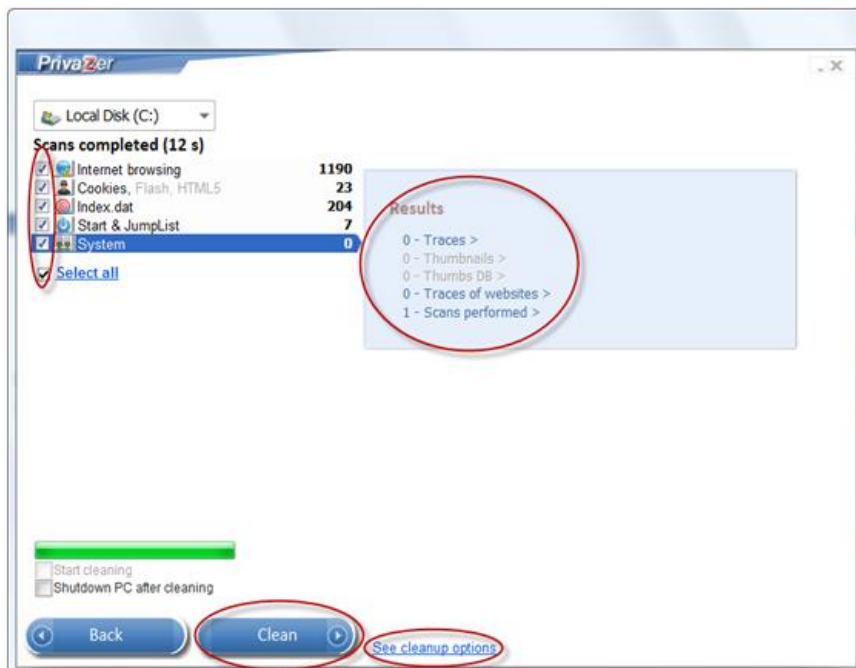
After choosing your preferred options, please click on the Scan button to start. The status of

the scan will be shown on the progress bar below.



**Step 4.** The results of the scan will be shown in the window. Please select which areas you want to be cleaned up or not by checking or un-checking the specific areas. You can also choose to check the "Shutdown the PC after cleaning option" to turn off the PC after cleaning. To start the cleanup, please click on the Clean button and proceed to **Step 6**.

For different and more secure options of cleanup, please click on the "See cleanup options" link and proceed to **Step 5**.



**Step 5.** The new window will show the status of the cleanup via a progress bar and the results when the cleanup has been completed. There is an option to check the "Shutdown the PC after cleaning

cleaning option" to turn off the PC after cleaning. To make the cleanup faster, you can check the "Boost" option. This is not recommended since it might make it harder to use the PC during the cleanup period.

To return to the Privazer main screen, please click on the Close button.

