

WORDS: TERENCE GREEN ILLUSTRATION: MAGICTORCH

Better safe than sorry

As soon as you link your computer to the Internet you are risking attack from various sources, so security should be the byword of every surfer. Our three workshops will put you on the road to a safer, more secure online experience

Hopefully, the importance of stringent security has been hammered home to users of 'always-on' ADSL and cable modem Internet connections, but the online risks for unmetered modem users are equally as threatening yet go almost unnoticed.

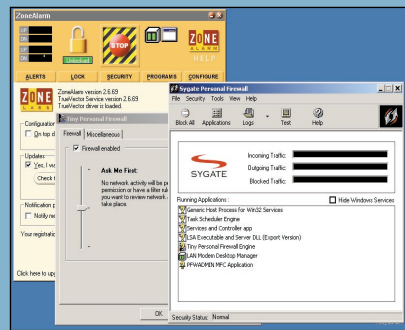
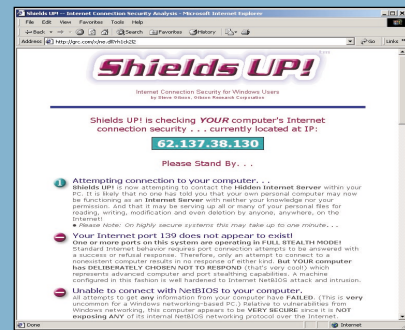
Previously restricted to big businesses with big pockets, broadband technology is now within reach of many homes and small offices. Security companies have been quick to promote downsized versions of their security products that can simply be interposed between a home computer or network and an incoming ADSL port or cable modem. That's fine up to a point

but it doesn't address the needs of modem users and creates an impression that security is a device or piece of software when, in fact, it's a process of continuous evaluation and balanced risk against reward.

Broadband users face greater risk, not because they have faster connections or different technology but because a computer that is continuously connected to the Internet is far easier to breach than one connected for short periods. Last year, when ISPs began offering flat-rate dial-up access packages, modem users began spending hours online and their risk grew too. Far more people go online using a modem than broadband and it's likely to stay that way for some time, given the chaos in ADSL and cable modem provision.

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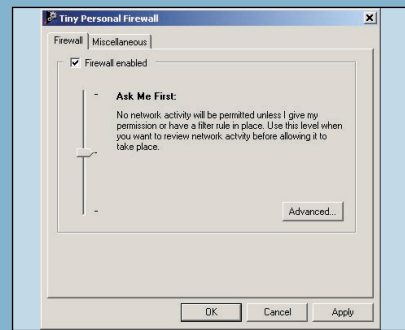
HOW TO INSTALL A PERSONAL FIREWALL



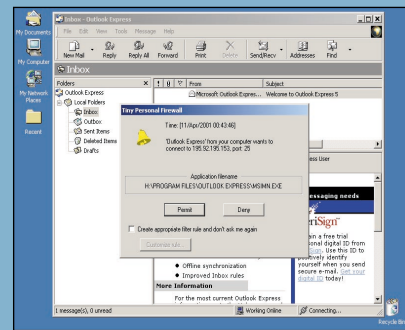
1 Several personal firewalls are free for home use, including Sygate Personal from www.sygate.com and Zone Alarm from www.zonelabs.com. Try them all to see which fits your needs. After installing your firewall, visit <http://grc.com> and use ShieldsUp and LeakTest to see how well it performs. As a Windows user you want to be sure that NetBIOS isn't being exposed through your Internet connection.

2 Personal firewalls aren't toys; they do a good job of closing obvious holes in Windows and can prevent trojans that have managed to install themselves on your system from making outbound connections, but you shouldn't depend on a free software firewall if you have truly sensitive data to protect. Zone Alarm is the easiest to use because it is highly automated, but Tiny and Sygate are more flexible if you want to learn more about how personal firewalls work.

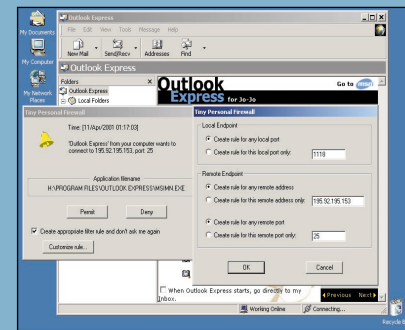
3 Tiny Personal Firewall most resembles a traditional firewall. Installation takes minutes, then you must reboot so Tiny can load itself before any other application that might access the Internet. If you have a network card installed, Tiny will detect it and let you choose whether you allow other computers on the same local network to access Windows resources on your computer. Tiny will create a rule based on your reply.



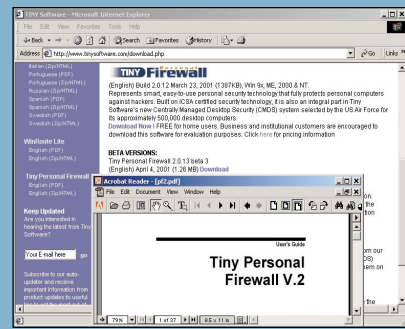
4 Tiny (and ZoneAlarm and Sygate) are intrusive at first because they default to blocking all communication between your computer and the Internet. Open Tiny's Personal Firewall Administration window from the System Tray icon or the Start menu. The default option 'Ask Me First' ensures that no network/Internet traffic will be passed without your say-so. A dialog box will pop up the first time an app attempts to transmit to or is contacted from the Internet.



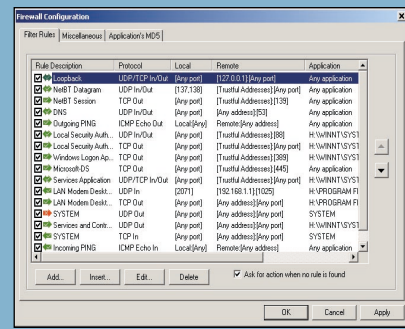
5 To be notified every time there is communication between an app and the Internet, click on 'Permit' or 'Deny' to allow the current action. Manual Permit/Deny options are normally only used when you are familiar with an app but don't know why it needs to communicate with the Internet. If you Deny access and the app doesn't malfunction you can set a Deny rule next time; if it does malfunction with Deny you have to consider setting a 'Permit' rule.



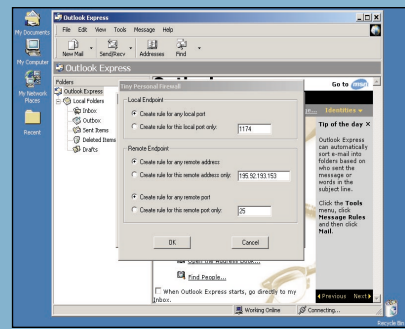
6 Initially, rules are created in order to automate those processes you decide to allow. They can be refined later. Place a tick in the box next to 'Create a filter rule...' and click on Permit or Deny to create a rule for outgoing and/or incoming communication whenever this particular set of circumstances occurs in future. To place further restrictions on the rule click on the 'Customize rule' button before confirming the rule with the 'Permit' or 'Deny' buttons.



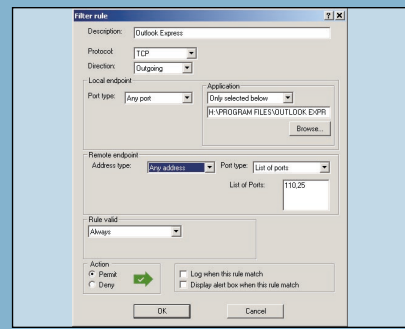
7 As Tiny Personal Firewall does not include any Help, you may wish to download the User's Guide from the Tiny Software website. It is a little out of date but offers some help on the custom settings. Normally, the default settings are satisfactory, but as you learn more about firewalls and how your applications interact with them you may want to limit some outgoing actions to specific remote ports in order to tighten up security.



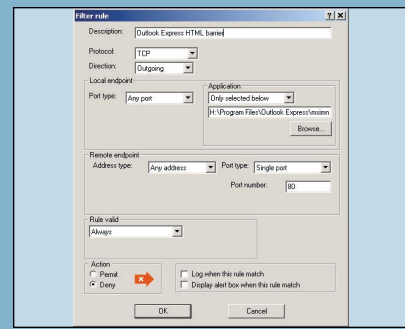
8 Rules can be edited or deleted at any time. You should delete rules for apps you no longer use. Open the Personal Firewall Administration window on the Firewall tab and click on the Advanced button to display the rules. The first rule, the Loopback, is mandatory. If you remove it the firewall won't be able to communicate with the operating system and you will need to reinstall the firewall to re-establish the Loopback rule.



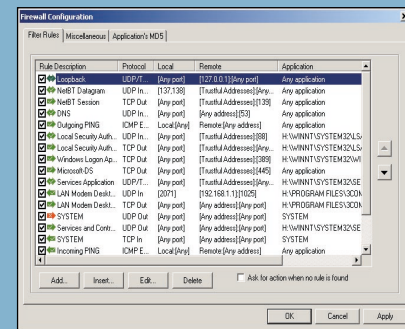
9 As you become familiar with the firewall you can begin to refine the rules. If you use Outlook Express, use Administration to delete its rule. Run Outlook Express send/receive and opt to customise the rule. Restrict the remote address and port the specific numbers listed. When you next try to send and receive Outlook Express will only be able to send mail because the rule does not include port 110, the port for receiving mail. The rule is too restrictive.



10 To create a specific Outlook Express rule go to Filter Rules and Edit its rule. Change port to 'List' and add 25 (SMTP send) and 110 (POP3 receive). Leave the remote endpoint address at 'Any Address' if you collect mail from multiple mail servers. With this rule in place Outlook Express can send and receive mail but won't be able to access newsgroups. Our rule is becoming very complicated, and we're not making Outlook Express any safer.



11 To make Outlook Express less of a risk we must stop it opening web URLs in response to emails containing potentially risky HTML code. One way of doing this would be to return to the original general rule for Outlook Express and to insert a new rule above it that denies it access to port 80, the port used by web servers. If the web filter rule came after a general rule allowing all access it would have no effect.



12 Constructing rules is a tricky business but you can find plenty of help on the web and in newsgroups for whichever personal firewall you settle on. At any time you can return to the starting point by deleting the rules you have created. Once you have finalised your ruleset you can disable 'Ask for action when no rule is found' and any action you haven't explicitly permitted will be denied. For a correctly configured firewall this is the safest option.

QUICK TIP

Use Windows Update to install critical updates on a regular basis, and don't be deterred by large time-consuming downloads. Be especially vigilant if Internet Explorer is installed and you use Outlook or Outlook Express.

to keep at least three weekly generations of full backups. Periodically, take a full backup out of the cycle and store (archive) it off-site as a precaution against flood, fire or meteors taking out your entire home.

The risk of inconveniencing friends and alienating business contacts by spreading a virus such as I Love You to them through the Windows address book is one we can all understand, but most incoming attacks these days carry multiple warheads. I Love You is classified as a worm because it propagates itself via email over a network. This has the side effect of overloading some mail servers and causing them to shut down. I Love You also contains a

component (a trojan) that surreptitiously attempts to connect to a website to download a program that steals passwords.

Other recent attacks such as Kournikova have also attempted to connect to websites for various reasons. If many connection attempts all happen in a short space of time, as would happen when a virus spreads rapidly, they can overload web servers or the routers that control Internet traffic. Some attacks, called Denial of Service (DoS) attacks, are specifically designed to do just this, preventing Internet sites from providing service. Under certain circumstances an attacker could co-ordinate multiple computers to mount a Distributed Denial of Service (DDoS) attack. A year ago, many

major websites, including Yahoo, MSN and Amazon, were overwhelmed by a flood of incoming traffic that cut them off from the web. Dozens of Internet servers became the unwitting accomplices of the perpetrators.

Although there is no evidence yet of a co-ordinated DDoS attack using home computers, there are many different ways in which a DDoS attack could be mounted, several known DoS programs, and plenty of ways in which they can be distributed to large numbers of computers.

On top of this, a whole class of programs called 'backdoors', the best known of which are BackOrifice and Subseven, can use file attachments or web downloads to

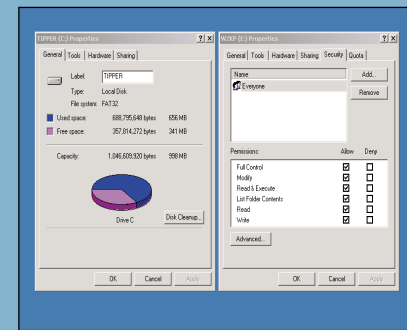
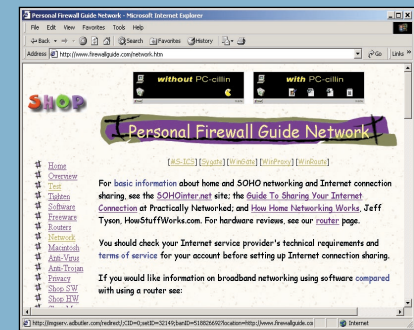
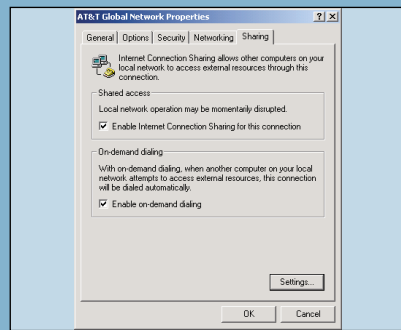
secretly install a remote access client on your computer. The client will broadcast its presence whenever you are online and allow anyone who picks up the call to control your computer remotely. Depending on the capabilities of the remote client your computer could be used to mount an attack on another computer, or something equally as sinister, while you're innocently browsing the web.

With many more people spending ever longer online thanks to unmetered access and almost exclusively using Windows, an operating system with numerous security loopholes that most users aren't aware of and therefore don't fix, the risk of mischief is high. Enlightened self-interest says

QUICK TIP

Raise your awareness of security issues and receive rapid notification of new threats by signing up to receive regular newsletters on the latest security issues from a security advisory site such as www.securityportal.com.

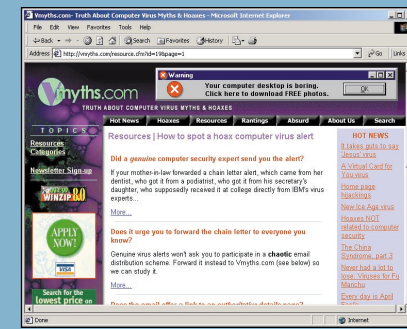
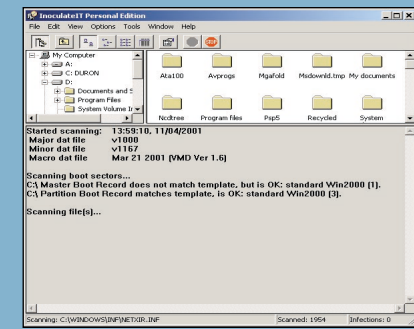
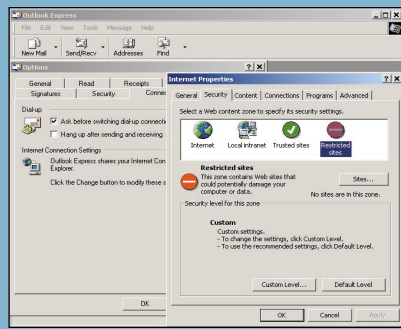
HOW TO TIGHTEN UP LOCAL SECURITY FOR A HOME NETWORK



1 Many homes run two or more computers connected to the Internet through a dial-up connection by means of a proxy such as Windows Internet Connection Sharing (ICS). Proxies are similar to firewalls in that they inspect data transmissions and decide how they are treated, but a proxy doesn't necessarily replace a firewall. For a free firewall/proxy combo, use ICS and install the Sygate or Tiny personal firewall on all computers that connect to the Internet.

2 A personal firewall only protects the computer on which it is installed and the firewall installed on the computer that shares its Internet connection (the gateway) must be capable of working with the proxy. Tiny also sells firewall/proxy packages. You can find more information about connection options for home networks at www.firewallguide.com.

3 If you're planning to share a modem connection to give a home network access to the Internet, consider upgrading the gateway computer to Windows 2000 Professional to provide an additional layer of security that Windows 98 and Me cannot. Security permissions that prevent outsiders from accessing sensitive data can be applied to hard disks formatted with Windows 2000's NTFS file system, which also allows files to be encrypted.



7 If you must use Outlook Express, use Tools/Options/Security to move it into the Restricted Zone; then click on the Connections tab and use the Change button to open Internet Properties. Click on Security, click on Restricted Sites, click on Custom level, and make sure all settings are at 'Disable', 'Prompt' or 'High Safety'. Scripting should be disabled. Consider using less insecure email and news clients such as Forte Agent (www.forteinc.com), Pegasus, Eudora and PocoMail.

8 Use a top-quality anti-virus (AV) program with its on-access monitor enabled on your gateway computer to ensure that all incoming data is scanned. Update signatures regularly. Install AV software on each networked computer. A free scanner such as Inoculate (<http://antivirus.cai.com>) saves splashing out on network licence fees. Set email clients to save attachments to a single folder and scan daily. You can't do this with Outlook Express as it saves mail and attachments in a single database.

9 Never open file attachments unless you are absolutely certain of their provenance. Try to avoid sending attachments unless absolutely necessary. Your friends may think you dull if you resist the impulse to send them the latest dancing bottles or cartoon sex, but imagine what they'll think if it happens to contain the latest example of a new virus that trashes their data. Also, resist the impulse to send the latest hoax virus to everyone you know. It's not news!

QUICK TIP

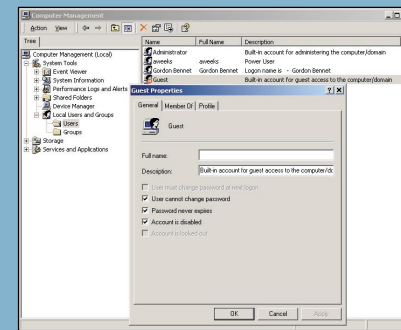
Move data files away from their default locations. This makes it harder for anyone who does manage to gain access to your system to discover them, and it will make data-only backups easier.

we all need to take precautions against such attacks, even if they don't explicitly target us or sites important to us, because the Internet reroutes around blockages and the impact of disruption anywhere ripples across the network. When a JCB cuts through an Internet trunk route in Idaho, it's not unknown for the impact to be felt in the UK. There are many tools, both hardware and software, with which we can defend ourselves from these risks.

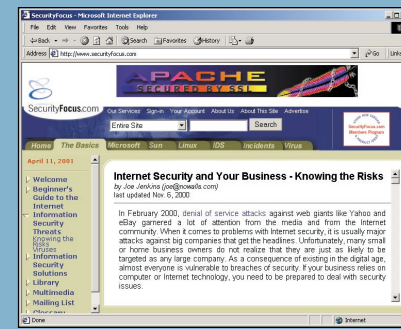
The most effective starting point for the home user is a combination of anti-virus protection (see June's anti-virus group test) and a personal firewall, but this should be accompanied by some self-education and an all-round

update of Windows and Internet applications. A good anti-virus scanner will catch known exploits and if the scanner also detects suspicious behaviour (heuristic detection) it may catch some (but probably not all) new exploits. This is where a good personal firewall, designed to detect and block all outgoing transmissions except those that you have explicitly allowed, becomes your second line of defence. Unfortunately, most personal firewalls do not yet permit the fine-grained control you need to stop all potentially risky outgoing transmissions, and this is where you come in.

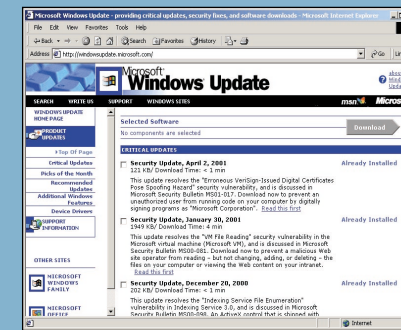
As the only person you can trust to make decisions about



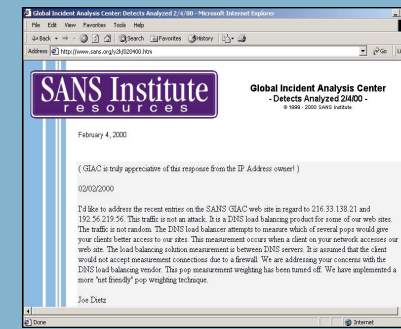
4 In order to use Windows 2000 security permissions effectively, do not enable the Guest account as this will allow anyone inside or outside the network to gain anonymous access to Windows 2000. Each person who will use the shared Internet connection should be given a User account on the Windows 2000 system. They will only be given access to Windows 2000 if they log on to their computer with their Windows 2000 username and password.



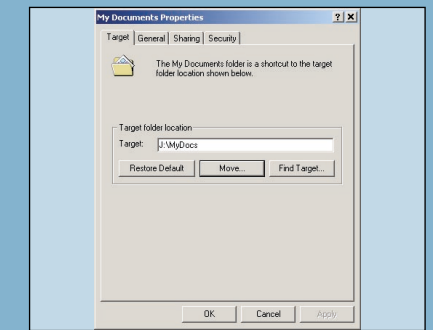
10 Read about it! There are literally dozens of security sites loaded with information on security threats, the latest virus alerts, and the security holes discovered in popular operating systems and applications. This information is available to all; you can bet someone out there is trying to put it into practice. For the best available real-world overview of security get hold of the book *Secrets and Lies* by Bruce Schneier or subscribe to his newsletter at www.counterpane.com.



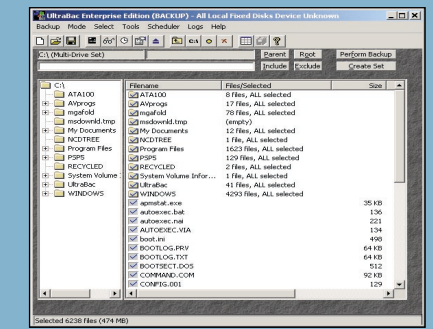
5 Whichever version of Windows you use, and whether on standalone or networked computers, upgrade Internet Explorer to version 5.01 Service Pack 2 or later as earlier versions had security weaknesses that affect Outlook Express and other apps that use the Internet Explorer services embedded in Windows. Install ALL critical security updates. Use Microsoft Downloads rather than Windows Update if you wish to download updates once for several computers.



11 Don't overdo on risk and assume that every unknown incoming transmission trapped by your firewall represents a threat. Lots and lots of 'threats' have mundane technical explanations. For example, many ISPs use special techniques to spread the load over several servers and this 'load balancing' technology can sometimes be mistaken for a real attack. The important point is that whether it's an attack or not, the firewall blocked it. That's why it's there – to stop you worrying.



6 When installing applications or using Windows locations such as 'My Documents', specify a custom location rather than the default for storing data files. This will make it harder for someone who gains access to your computer to locate your data and it will be easier to set up data backups. If you create your own recovery CDs, hard disks divided into C: drives for systems and apps and D: drives for data will speed up recovery after a system crash.



12 Finally, backup, backup, backup! When things go bad it's the only way to recover quickly with a minimum of effort. The Backup program included in Windows is extremely basic. To make backup easy and automatic so that you don't forget to do it, invest in a fully featured backup utility, for example, the grown-up version of Windows backup from Veritas (www.veritas.com) or UltraBac from www.ultrabac.com. Always remember to do test restores. Nothing hurts like a backup that won't restore.

QUICK TIP

If you use the Eudora email client, update to the latest version, then go to Tools/Options/Viewing Mail and make sure that 'Allow Executables in HTML Content' and 'Use Microsoft Viewer' are disabled.