

# Anti-spyware: What it is, why it matters, and how it stops spyware

Gridinsoft Help Center

## What it is

Anti-spyware is a security tool that hunts down spyware - stealthy apps that secretly watch what you do, steal logins, or track your browsing. Think of it as the part of your protection stack that catches quiet snoops before they cash in on your data.

## Why it matters

Spyware doesn't crash your screen-it blends in. It can read keystrokes, siphon cookies, or peek at messages, causing account takeovers and privacy leaks without obvious signs.

## What it does (30-second version)

- Detects & removes known spyware families and droppers
- Monitors behavior (keylogging, screen capture, credential grabs)
- Blocks persistence tricks and restores changed settings
- Quarantines threats so you can review or delete safely

## Signs you might need it

- Sudden login alerts or sessions you don't recognize
- New extensions or startup items you didn't add
- High network use when idle; battery or fan spikes

## Use it well (quick tips)

- Keep it updated and schedule weekly scans
- Pair with real-time protection in your main AV/EDR
- Review browser extensions; remove unknown add-ons
- Turn on MFA and change passwords after cleanup