

Spyware - what it is, warning signs, and how to remove and prevent it

Gridinsoft Help Center

What it is

Spyware is malware that secretly watches what you do and sends that info to someone else. It can log passwords and chats, read emails, grab screenshots, track browsing, and even record keystrokes. Some variants target phones to read texts, track location, or tap microphones.

Basics and removal tips: <https://gridinsoft.com/spyware>

Why it matters

Stolen logins can lead to drained accounts, identity theft, and blackmail. On phones, spyware can expose private photos, messages, and where you are in real time.

How it works

- Infection: bundled with shady downloads, fake updates, email attachments, or sketchy mobile apps.
- Hide: installs quietly, adds startup entries, and avoids normal app lists.
- Collect: keystrokes, screenshots, browser data, texts, call logs, and location.
- Send: exfiltrates data to a control server or attacker's dashboard.

Red flags

- Battery or data usage jumps without a clear reason.
- New toolbars or extensions you didn't add.
- Browser search or homepage changes itself.
- Unknown processes with constant network activity.

Do it right

- Download apps only from official stores or vendor sites.
- Keep your OS, browser, and security tools updated and scanning.
- Review app permissions and remove ones you don't need.
- Use MFA and a password manager; change passwords from a clean device if you suspect spying.
- On phones, check for unknown device admin apps and reset if needed after backing up.