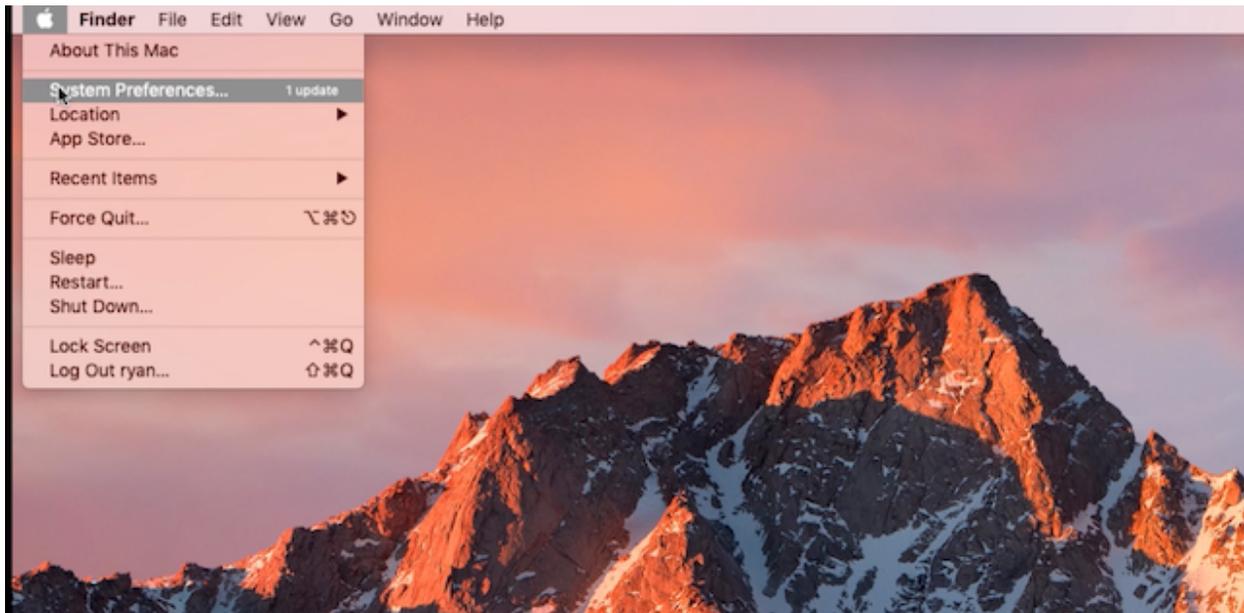


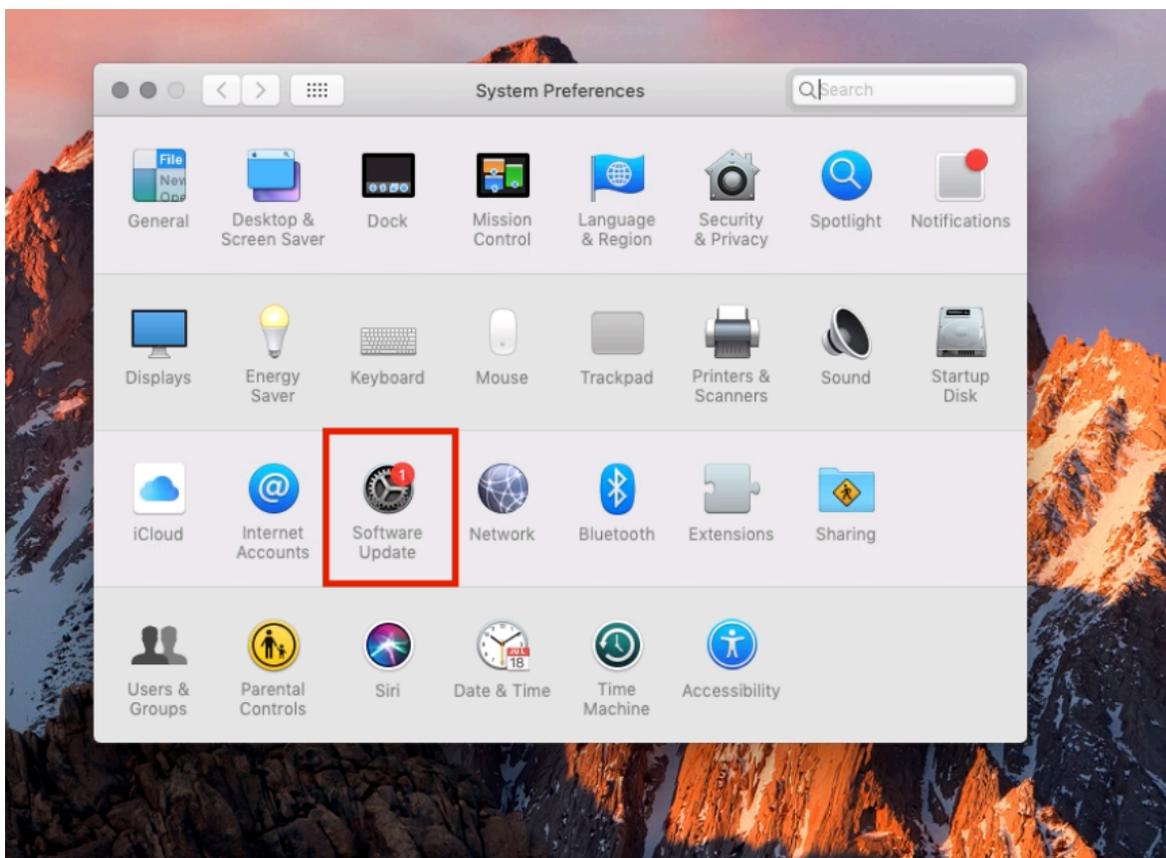
Disabling MacOS Auto Updates :

For users on Mojave -

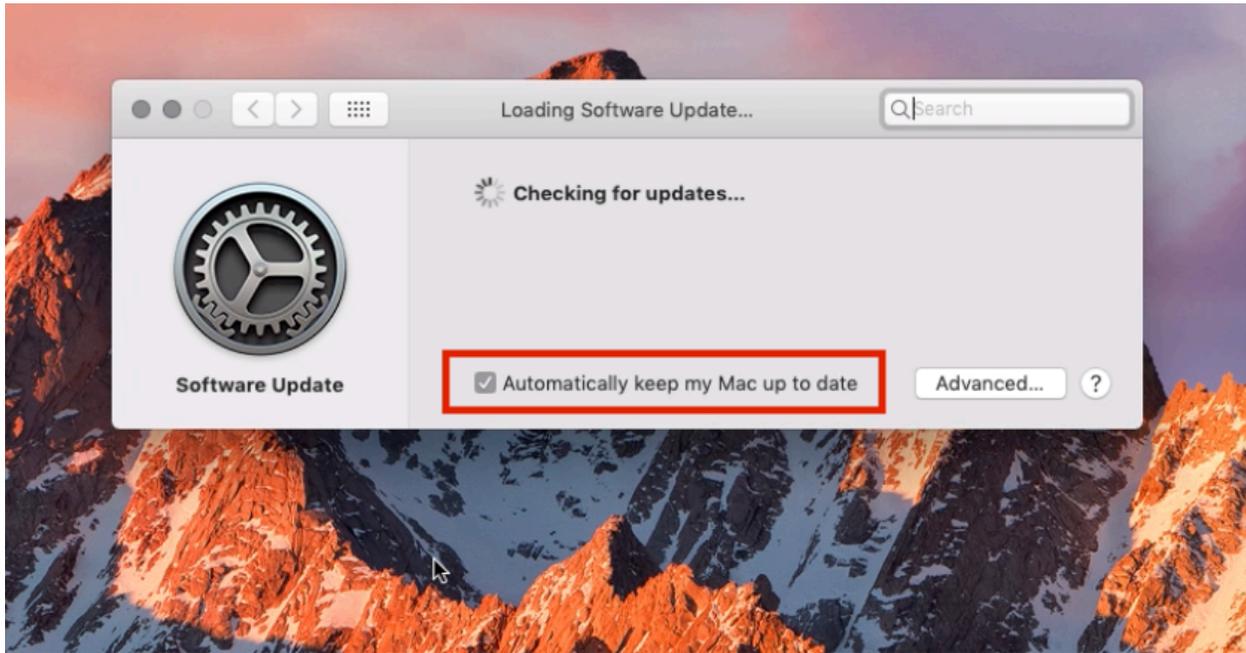
1. Go to the Apple Logo to the top left of your Mac's screen, click on it to reveal the dropdown and click on System Preferences.



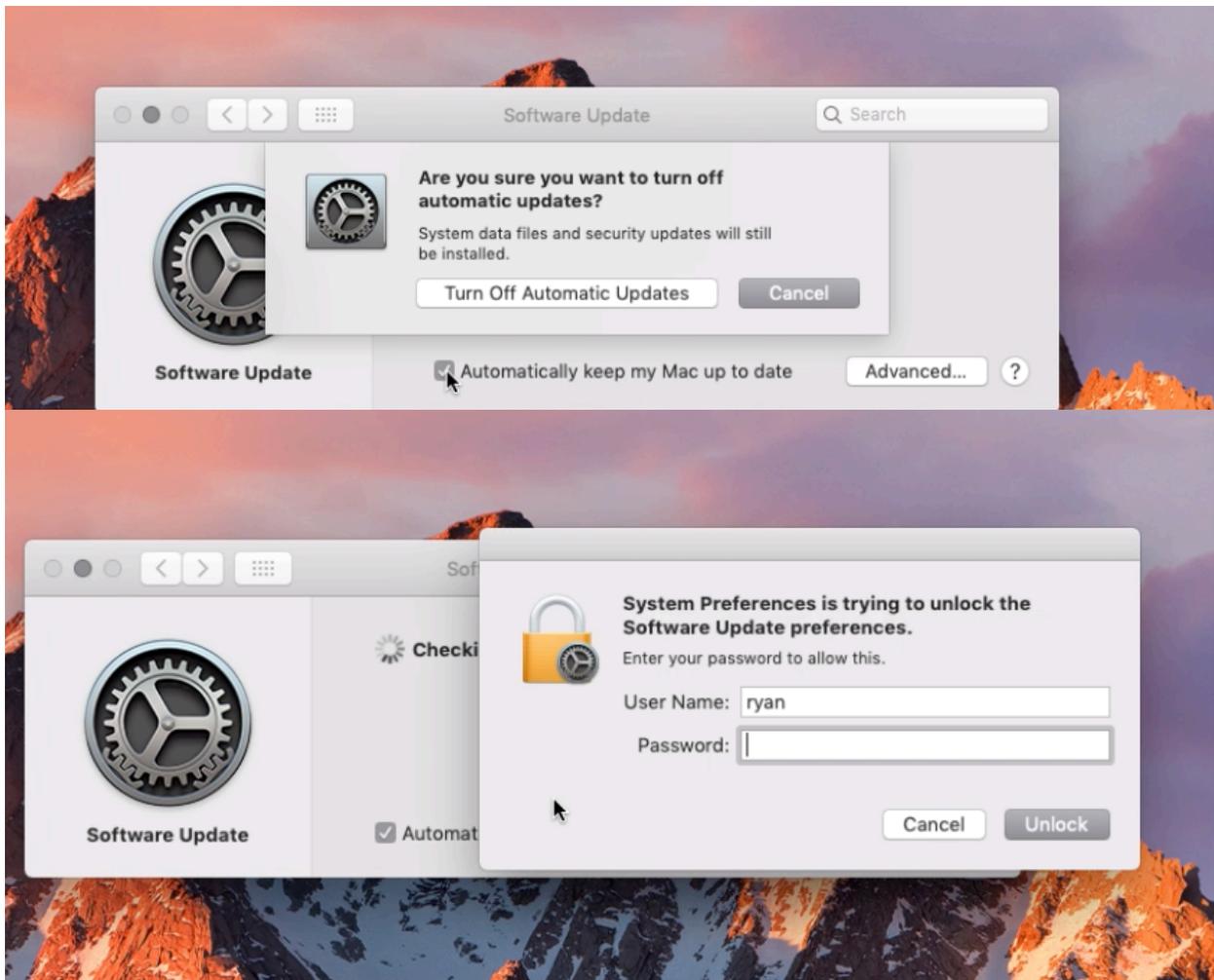
2. Within the System Preferences window, click on Software Update in the 3rd Row.



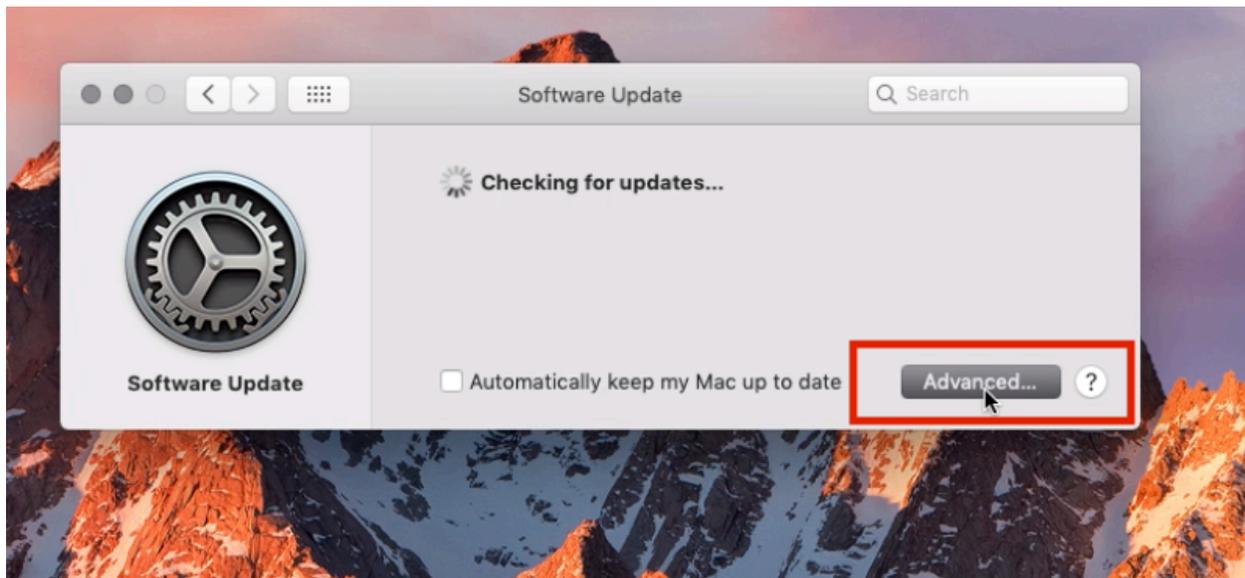
3. This will bring up the software update preference and at the bottom be sure to uncheck “Automatically keep my Mac up to date.”



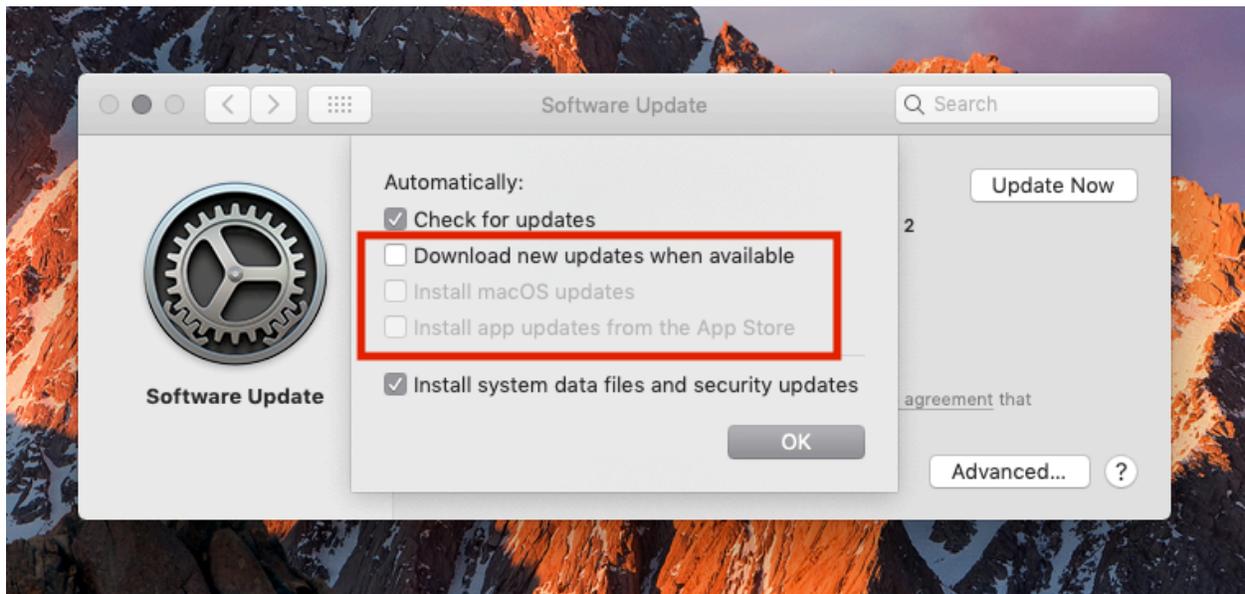
4. Turn Off Automatic Updates and confirm this with your user password.



5. Click on the Advanced button :



This will reveal some additional options. Uncheck the options highlighted and click ok. Note for downloading updates being unchecked it will require your user password to do so.



For users on High Sierra and MacOS's before :

1. Open the Mac app Store and go to Preferences



2. Uncheck “Automatically check for updates,” this will also uncheck the other options as well and you are done.

