GOLDEN SHIELD LIFE INSURANCE

How To Delete Cookies

A simple privacy guide for computers, phones, and tablets

We protect your privacy.

Cookies can make websites easier to use, but some cookies may also help advertising and marketing companies recognize your browser, learn about activity across websites, and personalize ads. This guide shows you how to clear them.

Use this guide whenever you want a fresh start in your browser, after using a shared computer, or when you want to reduce old tracking data stored on your device.

Why Cookies Matter

A cookie is a small file a website saves in your browser. Cookies can remember a login, keep items in a shopping cart, save a language choice, or remember what you viewed.

Helpful cookies	Tracking cookies
Keep you signed in	Recognize your browser
Remember settings	Record activity across websites
Save shopping-cart items	Build interest profiles
Help a website work correctly	Help personalize marketing and ads

Why delete them?

1. Privacy: Remove stored identifiers that may be used to recognize your browser.
2. Fewer stale preferences: Reset old consent choices and website settings.
3. Fix website problems: Old or damaged site data can cause sign-in, loading, or checkout issues.
4. Shared devices: Reduce the chance that the next person sees your saved sessions or website preferences.

Keep this in mind

Deleting cookies does not erase information already held by a website, delete your accounts, remove your search history from an online account, or make you anonymous. It is one useful privacy step - not a complete privacy shield.

Before You Begin

You do not need to be a technology expert. Read these four points first, then choose the instructions for your browser.

1. Know your browser. Look for its name or icon: Chrome, Edge, Firefox, or Safari.
2. Save anything important. Finish online forms, shopping carts, or other work before clearing data.
3. Have passwords available. Deleting cookies may sign you out of websites.
4. Choose your time range. Select All time for the broadest cleanup, or a shorter period if you only want to remove recent data.

Gentler option	If only one website is causing trouble, delete cookies for that website instead of clearing everything. Most browsers offer a site-by-site list under Privacy or Cookies settings.

What may change afterward

You may be signed out	Saved preferences may reset	Some carts may empty
Sign in again with your username and password.	Language, location, and cookie choices may need to be selected again.	Complete purchases or save important items before clearing data.

Delete Cookies on a Computer

Google Chrome

Windows, Mac, or Chromebook

1. Open Chrome.
2. At the top right, select the three-dot menu.
3. Select Delete browsing data.
4. Choose a time range. Select All time for the broadest cleanup.
5. Select Cookies and other site data. Review any other selected items.
6. Select Delete data.

Official instructions

Microsoft Edge

Windows or Mac

1. Open Edge and select the three-dot menu at the top right.
2. Select Settings, then Privacy, search, and services.
3. Under Clear browsing data, select Choose what to clear.
4. Choose a time range.
5. Select Cookies and other site data, then select Clear now.

Official instructions

Delete Cookies on a Computer

Mozilla Firefox

Windows, Mac, or Linux

1. Open Firefox and select the menu button.
2. Select Settings, then Privacy & Security.
3. Find Cookies and Site Data.
4. Select Clear Data.
5. Select the cookies and site-data option, then confirm the cleanup.

Official instructions

Safari

Mac

1. Open Safari.
2. From the top menu, choose Safari, then Settings.
3. Select Privacy, then Manage Website Data.
4. Choose one or more websites and select Remove, or select Remove All.
5. Select Done.

Official instructions

Menus can move

Browser companies occasionally rename or relocate settings. If your screen looks different, search the browser's Settings page for cookies, site data, or clear browsing data.

Delete Cookies on a Phone or Tablet

Safari

iPhone or iPad

1. Open the device's Settings app.
2. Select Apps, then Safari.
3. Select Advanced, then Website Data.
4. Select Remove All Website Data, then confirm.

To clear Safari history and cookies together, go to Settings > Apps > Safari and select Clear History and Website Data.

Official instructions

Google Chrome

Android phone or tablet

1. Open the Chrome app.
2. Select the three-dot menu.
3. Select Delete browsing data.
4. Choose a time range and make sure Cookies and site data is selected.
5. Select Delete data.

Official instructions

Every device is separate

Clearing cookies on your phone does not automatically clear them from your computer or another browser. Repeat the process for each browser, device, and browser profile you use.

Reduce Future Tracking

Clearing cookies removes data that already exists in that browser. These additional habits can reduce how much new tracking data builds up.

1. Block third-party cookies. Look in your browser's Privacy or Cookies settings. Some websites may need an exception to work correctly.
2. Review cookie banners. Choose only the categories you want. Reject optional advertising cookies when that choice is offered.
3. Use private browsing on shared devices. Private or Incognito mode usually removes local cookies when every private window is closed, but it does not hide activity from websites, an employer, a school, or an internet provider.
4. Check account-level ad settings. Ads may also be personalized through an account, app, or device identifier. Review privacy and advertising settings for the services you use.
5. Keep browsers updated. Updates often include privacy and security improvements.

A practical routine	Clear cookies when you finish using a public or shared computer, when a website behaves incorrectly, or whenever you want to remove old browser data. For daily privacy, blocking third-party cookies and reviewing consent choices can be more useful than repeatedly deleting every cookie.

What deleting cookies does not do

It does not remove viruses, cancel subscriptions, delete online accounts, erase data a company already collected, or guarantee that ads will stop. You may still see advertising, but some ads may be less connected to earlier browsing activity.

Your Privacy Checklist

- ☐ I closed or saved unfinished work.
- ☐ I know my passwords may be needed again.
- ☐ I cleared cookies in each browser and device I use.
- ☐ I reviewed third-party cookie settings.
- ☐ I reviewed advertising and privacy settings in important accounts.
- ☐ I will use private browsing on shared devices and close every private window when finished.

Why did Golden Shield create this guide?

Because we respect your privacy. Clear information helps you make your own choices about what stays in your browser and how your information may be used online.

Official browser references

Google Chrome Help: https://support.google.com/chrome/answer/95647

Microsoft Edge Support: https://support.microsoft.com/en-us/edge/manage-cookies-in-microsoft-edge-view-allow-block-delete-and-use

Mozilla Firefox Help: https://support.mozilla.org/en-US/kb/clear-cookies-and-site-data-firefox

Apple Safari for Mac: https://support.apple.com/guide/safari/manage-cookies-sfri11471/mac

Apple Safari for iPhone and iPad: https://support.apple.com/en-us/105082

Browser menus and labels may change after software updates. Instructions reviewed September 2026. This guide provides general educational information and is not a promise that deleting cookies will stop all tracking or advertising.

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