How to clear your data on Mac

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How to clear your data on Mac



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Over time, your Mac and web browsers store cached files, temporary data, and app information that can slow performance and take up valuable storage. This guide will show you how to **safely clear your system, browser, and application cache** to keep your device running smoothly.

Maintaining a clean, efficient system is especially important. Clearing your cache ensures that the **Care Control Cloud and Virtual Machines** load quickly, display the most up-to-date information, and avoid conflicts caused by old or corrupted temporary files.

Regularly performing these steps can help resolve issues such as slow loading screens, login errors, or missing updates, ensuring you always have fast, reliable access to your care data and digital records.

Clear System & App Cache

Clearing cache can free up space and speed up your Mac.

Steps:

1. Open **Finder** → press **Shift + Command + G**.

2. Type:
   `~/Library/Caches`

3. Press **Enter** — you'll see folders for different apps.

4. You can safely delete the contents of these folders (but not the folders themselves).

5. Repeat the process for:
   `/Library/Caches`

> 💡 Tip: Empty the Trash afterward.

Clear Browser Data

Safari:

1. Open **Safari → Settings → Privacy** tab.
2. Click **Manage Website Data… → Remove All**.
3. You can also go to **History → Clear History** to remove browsing history.

Chrome:

1. Open **Chrome → Settings → Privacy and security → Clear browsing data**.
2. Choose what to delete (cache, cookies, history, etc.).

Firefox:

1. Go to **Settings → Privacy & Security**.
2. Under **Cookies and Site Data**, click **Clear Data**.

Clear Application Data

Many apps store data in:

> `~/Library/Application Support/`

You can open this folder (using **Shift + Command + G**) and delete unnecessary app data, but **be careful,** some apps may lose settings or user data.

Was it helpful ?

- Happy
- Normal
- Sad

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