

Monitoração DeepSeek Ollama

Link: <https://blog.networkchuck.com/posts/is-deepseek-safe-to-run-locally/>

Is DeepSeek Safe To Run (locally)

2025-01-31

#[NetworkChuck](#)

Monitor Network Connections

Windows

```
while($true) {
    Get-Process ollama | ForEach-Object {
        $id = $_.Id
        Write-Host "`nConnections for Ollama process $id" -ForegroundColor Green
        Get-NetTCPConnection | Where-Object OwningProcess -eq $id | Select-Object
LocalAddress, LocalPort, RemoteAddress, RemotePort, State
    }
    Start-Sleep -Seconds 2
    Clear-Host
}
```

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Mac

```
# One-time check
pid=$(pgrep ollama)
lsof -i -P -n | grep ollama

# For continuous monitoring
while true; do
    echo "$(date): Ollama Connections"
    lsof -i -P -n | grep ollama
    sleep 2
    clear
done
```

```
done
```

```
# Alternative using netstat  
netstat -p tcp -v | grep ollama
```

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Linux

```
# One-time check  
pid=$(pgrep ollama)  
lsof -i -P -n | grep ollama  
  
# Or for continuous monitoring  
watch -n 2 "lsof -i -P -n | grep ollama"  
  
# Alternative using netstat  
netstat -np | grep ollama  
  
# Or using ss (more modern)  
ss -np | grep ollama
```

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Running Ollama Inside Docker

```
docker run -d \  
--gpus all \  
-v ollama:/root/.ollama \  
-p 11434:11434 \  
--security-opt=no-new-privileges \  
--cap-drop=ALL \  
--cap-add=SYS_NICE \  
--memory=8g \  
--memory-swap=8g \  
--cpus=4 \  
--read-only \  
--name ollama \  
ollama/ollama
```

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Revision #1

Created 1 February 2025 12:02:49 by Administrador

Updated 1 February 2025 12:06:33 by Administrador