

# 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

# 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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