How to Stop Web Pages From Auto Refreshing

https://www.techwalla.com/articles/how-to-stop-web-pages-from-auto-refreshing

Some web pages automatically refresh thanks to the refresh code that the website creator built into the page. If you want to keep a web page static so that it does not refresh, you can use your Internet Options settings to make these changes. Turning off the auto-refresh can give you more time to look at a section of the page without worrying about it changing before you have an opportunity to adequately absorb it.

Step 1

Click "Start" and "Control Panel."

Step 2

Click "Classic View," and select "Internet Options."

Step 3

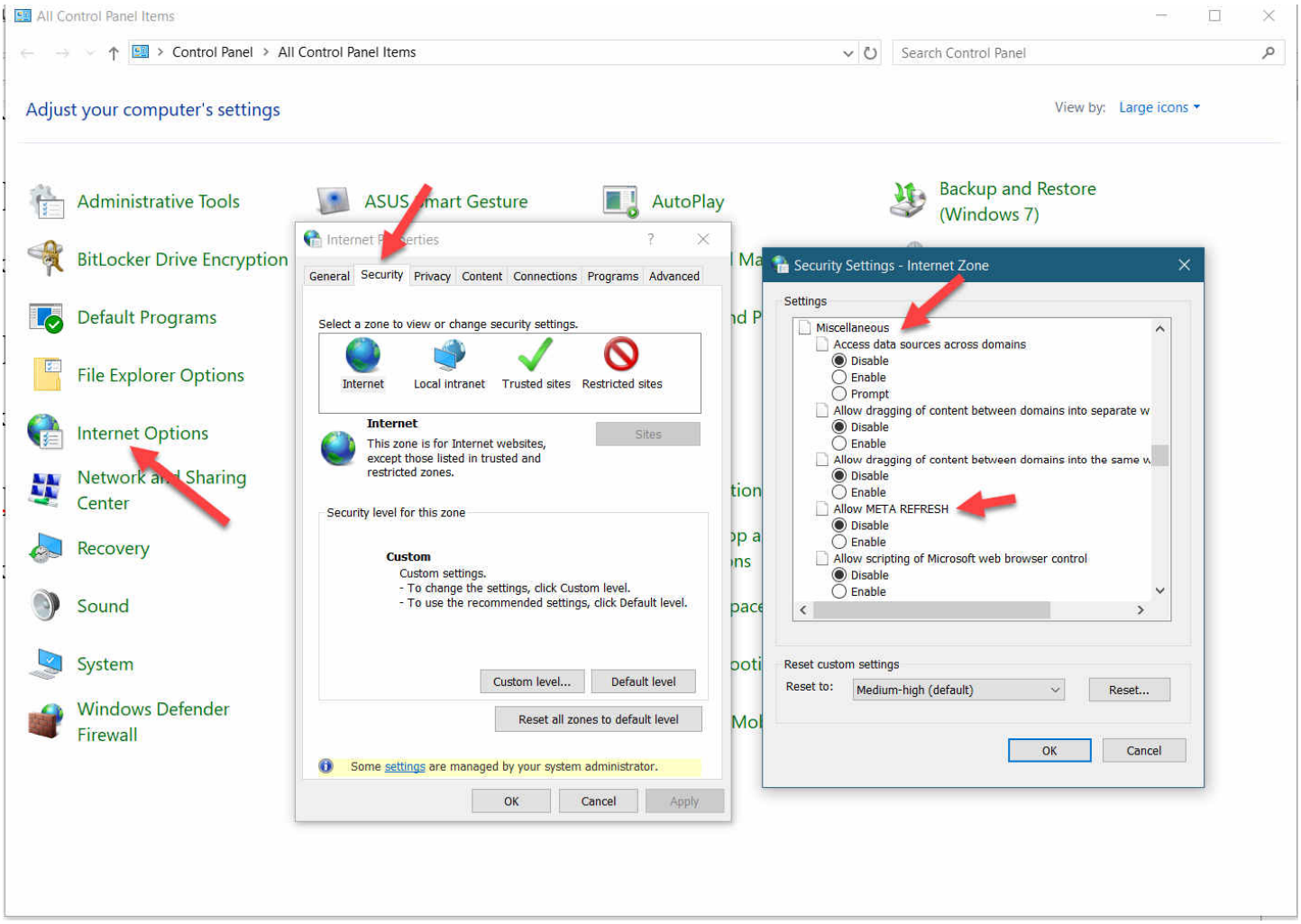
Click the "Security" tab.

Step 4

Click the "Custom Level" button, and scroll down the page until you find the "Miscellaneous" section header.

Step 5

Click "Disable" under "Allow META REFRESH."

Step 6

Click "OK."