



# How to Remove the Sample Page and Hello World Post in WordPress with One Click

Every WordPress install ships with a Sample Page and Hello World post. Learn why they hurt SEO and how mySites.guru removes them across all your sites.

Phil E. Taylor | 24 March 2026

## The default content nobody remembers to delete

Every WordPress installation ships with two pieces of placeholder content: a page called "Sample Page" and a post titled "Hello World!" They're meant to show new users how pages and posts work, but in practice both get forgotten. Site owners move on to creating real content, and the defaults sit there indefinitely, indexed by Google, visible to visitors, and broadcasting that nobody cleaned up after the install.

mySites.guru's WordPress Configuration audit detects both the Sample Page and Hello World post across all your connected sites, and lets you remove them with one click through the [connector plugin](#). No wp-admin login required. If you're managing dozens of sites, you can see exactly which ones still have default content from a single dashboard, then fix them one by one without opening a single WordPress admin panel. [Try a free audit](#) to see what your sites look like.

The Sample Page contains placeholder text about "The XYZ Doohickey Company" and a bike messenger, while the Hello World post is just a single sentence inviting you to delete it. Here's the full default text:

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). Most people start with an About page that introduces them to potential site visitors. It might say something like this:

“ Hi there! I'm a bike messenger by day, aspiring actor by night, and this is my website. I live in Los Angeles, have a great dog named Jack, and I like piña coladas. (And gettin' caught in the rain.)

...or something like this:

“ The XYZ Doohickey Company was founded in 1971, and has been providing quality doohickeys to the public ever since. Located in Gotham City, XYZ employs over 2,000 people and does all kinds of awesome things for the Gotham community.

As a new WordPress user, you should go to [your dashboard](#) to delete this page and create new pages for your content. Have fun!

## How mySites.guru detects and removes WP default content

mySites.guru splits this into two audit checks, each with its own fix button.

The pivot page shows you the status of every WordPress site at once, so you can see which ones still have default content without opening each site individually:

mySites.guru  [Help & Support](#) [Learn](#)


**Remove The Default "Sample Page"**

WordPress Sites

Below are all your WordPress sites, compatible with this tool, and the last reported values for this check.


OK	myExampleSite-lazybird.com	Investigate	Manage Site
OK	myExampleSite-happycat.com	Investigate	Manage Site
OK	myExampleSite-brownmeercat.com	Investigate	Manage Site
OK	myExampleSite-purplemouse.com	Investigate	Manage Site
OK	myExampleSite-organicmouse.com	Investigate	Manage Site
OK	myExampleSite-happybird.com	Investigate	Manage Site
OK	myExampleSite-organicdog.com	Investigate	Manage Site
1 Issue	myExampleSite-browngorilla.com	Investigate	Manage Site
OK	myExampleSite-heavypeacock.com	Investigate	Manage Site
1 Issue	myExampleSite-beautifulzebra.com	Investigate	Manage Site
OK	myExampleSite-smallbutterfly.com	Investigate	Manage Site
1 Issue	myExampleSite-organicpanda.com	Investigate	Manage Site
OK	myExampleSite-crazylion.com	Investigate	Manage Site
OK	myExampleSite-blackwolf.com	Investigate	Manage Site
1 Issue	myExampleSite-silvergorilla.com	Investigate	Manage Site
OK	myExampleSite-silverbird.com	Investigate	Manage Site
1 Issue	myExampleSite-organicbutterfly.com	Investigate	Manage Site
OK	myExampleSite-happyleopard.com	Investigate	Manage Site

Click "Investigate" on any flagged site to see the issue details with a one-click fix button. One click later, the check goes green:




**Sample page post still present**

I checked your site and your WordPress site still has the sample page



Issue detected



**Excellent!**

I checked your site and your WordPress doesn't have the sample page still.

This is good.

Fixed in one click

This works the same way as the [one-click toggles for debug constants](#) and [removing the WordPress logo from the admin bar](#) - the dashboard flags the issue and you fix it without logging into wp-admin.

## Why two separate checks?

Some sites might have repurposed the Sample Page with real content (renamed it, changed the slug, kept the page ID). Others might have deleted one but not the other. Separate checks give you accurate reporting for each piece of default content.

## Automatic detection on new sites

Every time you connect a new WordPress site to mySites.guru, the first snapshot catches default content automatically. No checklist needed.

This matters when you:

- Inherit existing sites from other developers or hosting providers
- Build sites from starter templates that may or may not clean up defaults
- Push staging sites to production where test content might slip through
- Onboard client sites that have been “live” for months with nobody noticing the leftover content

## Why default WordPress content actually matters

Search engines index everything they can find. A “Sample Page” with boilerplate text like “This is an example page” competes with your actual content for crawl budget. On small sites, that’s a real percentage of your indexed pages being worthless filler.

This is not a hypothetical problem. A quick search shows default WordPress content indexed on government websites:



bernco.gov

<https://www.bernco.gov> › rts-test › sample-page

## Sample Page - RTS Test

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)



Kentucky.gov

<https://lewiscountyclerk.ky.gov> › sample-page

## Sample Page

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)



National Center for Homeless Education (NCHE) (.gov)

<https://nche.ed.gov> › sample-page

## Sample Page – National Center for Homeless Education

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes).



Juvenile Justice and Youth Services (.gov)

<https://jjys.utah.gov> › sample-page

## Sample Page | Juvenile Justice and Youth Services

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes).

# The Jersey connection

It is just as common on business and nonprofit websites. Here are eight Jersey (.je) sites, all with the default Sample Page sitting in Google's index:

 [carteblanche.je](https://carteblanche.je)  
<https://carteblanche.je> › sample-page

## Sample Page - Carte Blanche

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [brightly.je](https://brightly.je)  
<https://brightly.je> › sample-page

## Sample Page - Brightly

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [Homelessness Jersey](https://homelessness.je)  
<https://homelessness.je> › sample-page

## Sample Page

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [thewatchmaker.je](https://thewatchmaker.je)  
<https://thewatchmaker.je> › sample-page

## Sample Page - The Watchmaker -

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [theview.je](https://theview.je)  
<https://theview.je> › sample-page

## Sample Page - The View

15 Sept 2024 — This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [jacc.org.je](https://jacc.org.je)  
<https://jacc.org.je> › sample-page

## Sample Page - JACC

24 Feb 2021 — This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [lotushouse.je](https://lotushouse.je)  
<https://lotushouse.je> › sample-page

## Sample Page - Lotus House

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

 [Spot The Red Flags](https://spottheredflags.je)  
<https://spottheredflags.je> › sample-page

## Sample Page

This is an example page. It's different from a blog post because it will stay in one place and will show up in your site navigation (in most themes). [Read more](#)

Google's helpful content updates have made thin, low-value content a bigger ranking factor than ever. Pages with no useful content can actively hurt your site's overall quality signals. If you're already working on [WordPress configuration best practices](#), removing default content should be near the top of your list.

## Professional appearance and security

If a potential client visits your WordPress site and finds a "Hello World!" post dated the day you installed WordPress, it undermines trust. It says "this site isn't maintained carefully." For agencies building sites for clients, leaving default content behind is the digital equivalent of leaving scaffolding up after the building is finished.

Default content also confirms a site runs WordPress and suggests the setup was not done thoroughly. Automated scanners look for signals like this to identify targets that might have other default settings left unchanged - like default admin usernames, exposed wp-config backups, or enabled XML-RPC. The same principle applies to [leaving debug mode enabled on production](#) or [allowing unrestricted plugin installs](#) - each leftover default is a signal that the site might have more low-hanging fruit.

## Removing default content the manual way

In a single WordPress admin, it takes about 30 seconds:

1. Go to **Posts > All Posts**
2. Trash the "Hello World!" post
3. Go to **Pages > All Pages**
4. Trash the "Sample Page"
5. Empty the trash for both

Now do that for every WordPress site you manage. Log into each one, navigate to the right screen, delete the content, empty the trash. For 50 sites, that's 50 separate login

sessions.

And if you're onboarding new sites regularly, you need to remember to check every new installation. This is the same scaling problem that makes [managing multiple WordPress sites](#) from individual admin panels unsustainable.

## Part of a bigger cleanup

Default content is one of many things the WordPress Configuration audit catches. Other items in the "should have been cleaned up at install" category:

- **XML-RPC still enabled** - an old API surface that most sites don't need and attackers actively target
- **Debug mode left on** - exposes error details and can leak sensitive paths
- **Database repair endpoint exposed** - allows unauthenticated access to `wp-admin/maint/repair.php`
- **File editing enabled** in the admin - lets any admin user modify PHP files directly
- **Uncontrolled automatic updates** - can break sites overnight with untested upgrades

They all work the same way: detected during snapshots, reported in the audit, fixable with one click through the connector. For a complete picture of what the [security audit covers](#), including deep file scanning and hack detection, see our audit tools overview.

## Scaling cleanup across a portfolio

For agencies and freelancers managing 20, 50, or 200+ WordPress sites, the real value is the confidence that none of your sites have this issue, and the automatic detection when a new site does.

Combined with the other WordPress Configuration checks, you can bring every new site up to your baseline standard within minutes of connecting it. No post-install

checklist, no “I’ll get to it later” items that never get done.

If you’re building a consistent management workflow across a portfolio of client sites, start with our guide to [managing multiple WordPress sites like a pro](#).

## Further reading

- [WordPress Codex: First Steps with WordPress](#) - The official installation guide that creates the default content in Step 5
- [Google Search Central: Thin Content](#) - Google’s spam policies on pages with little or no added value
- [WPExplorer: WordPress Launch Checklist](#) - Pre-launch checklist that includes deleting dummy content like Sample Page and Hello World

# Frequently Asked Questions

## **Why should I remove the WordPress Sample Page and Hello World post?**

They signal to visitors and search engines that your site is using default WordPress content. Search engines may index these pages, diluting your SEO. They also make your site look unprofessional, especially if a client or customer stumbles across them. Default content also confirms the site runs WordPress, which gives attackers a starting point.

## **Does mySites.guru automatically detect leftover default WordPress content?**

Yes. mySites.guru's WordPress Configuration audit checks for both the Sample Page and the Hello World post during every snapshot. If either one still exists, it flags them as issues in your audit report, so you always know which sites still have default content.

## **Can I remove the Sample Page and Hello World post from multiple sites at once?**

mySites.guru provides a one-click fix for each item per site. The audit dashboard shows which of your sites still have default content, so you can work through them quickly without logging into each WordPress admin. The connector plugin handles the deletion remotely.

## **Will removing the Sample Page break anything on my WordPress site?**

No. The Sample Page and Hello World post are placeholder content with no functional role. WordPress does not depend on them for routing, settings, or any internal process. Deleting them is safe on every standard WordPress installation.

## **What if I repurposed the Sample Page with real content?**

mySites.guru detects the original default content by page ID and content fingerprint. If you've rewritten the Sample Page with your own content and changed the slug, it won't flag it. The check only catches pages that still contain the original boilerplate text.

## **Does Google actually index the Hello World post?**

Yes, frequently. Google indexes every publicly accessible page it can crawl, and the Hello World post is linked from the homepage on most default WordPress themes. A search for 'Hello world! - Just another WordPress site' returns millions of results, meaning a lot of site owners never cleaned it up.

## **How often does mySites.guru check for default content?**

Every snapshot checks for default content automatically. Snapshots run at least twice a day on connected sites, so if someone recreates default content or you onboard a new site with leftover defaults, it gets flagged within hours.


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See how your WordPress and Joomla sites measure up.  
No credit card required.

<https://manage.mysites.guru/en/register>

## Get in touch

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