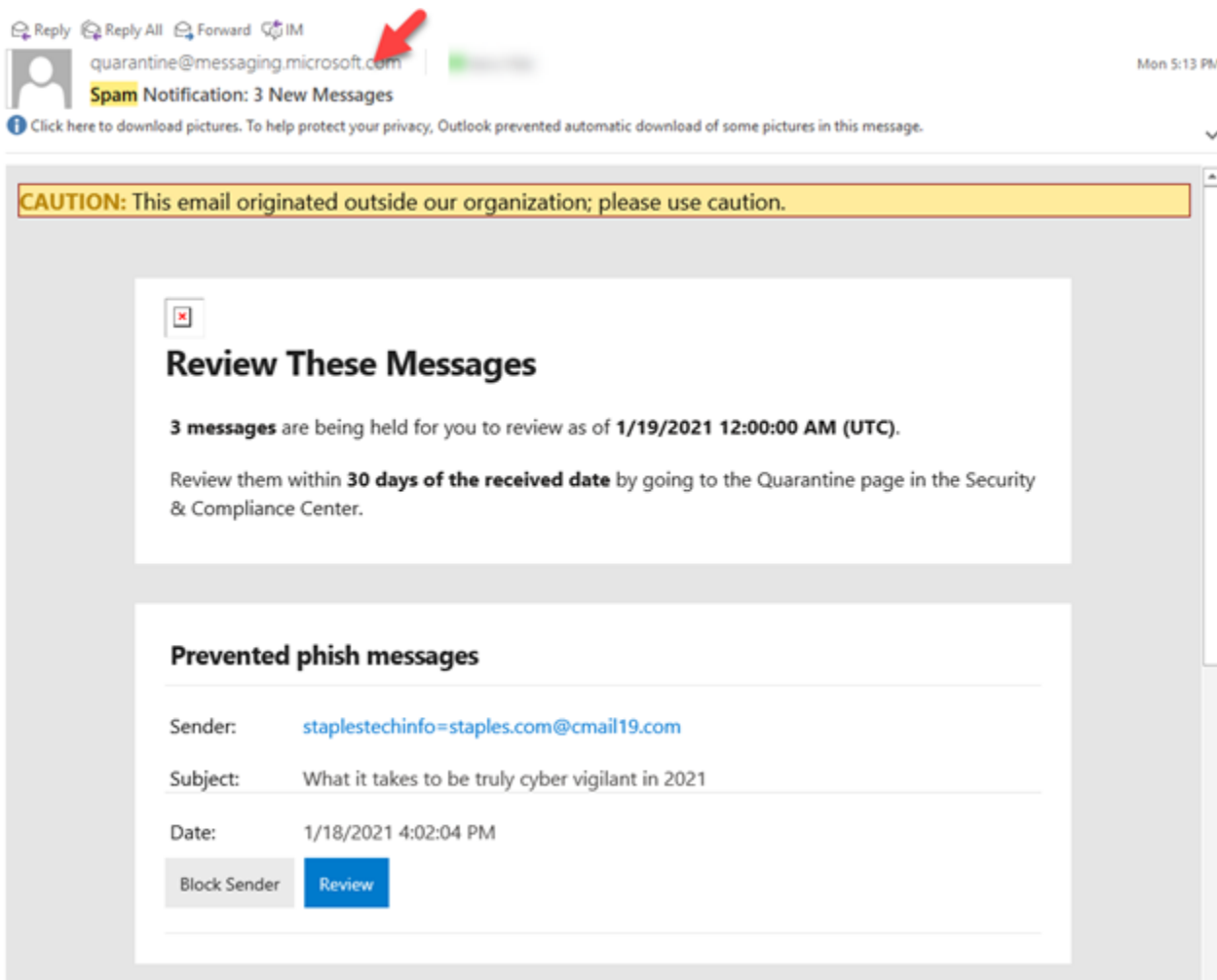


# Email: Review Your Quarantined Messages from an Exchange Online Protection (EOP) Spam Notification Message

## Review Your Quarantined Messages from an EOP Spam Notification Message

The Exchange Online Protection service will send a spam summary message to your inbox on a periodic basis. If your account receives a large number of spam messages, these messages will arrive about once a week. If you don't receive as many, the notifications will arrive less frequently.

1. Open the spam notification message. It will always originate from the address **quarantine@messaging.microsoft.com** and will have the subject line **Spam Notification**.
2. For each message, you can choose **Release Message to Inbox**, **Block Sender** or **Review**. The **Review** option takes you to <https://protection.office.com/quarantine> and allows a more in depth review of the email with similar controls as described above. For further instructions please go here: <https://docs.microsoft.com/en-us/microsoft-365/security/office-365-security/find-and-release-quarantined-messages-as-a-user?view=o365-worldwide>



Reply Reply All Forward IM

quarantine@messaging.microsoft.com

Spam Notification: 3 New Messages

Mon 5:13 PM

Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

**CAUTION:** This email originated outside our organization; please use caution.

**Review These Messages**

**3 messages** are being held for you to review as of **1/19/2021 12:00:00 AM (UTC)**.

Review them within **30 days of the received date** by going to the Quarantine page in the Security & Compliance Center.

**Prevented phish messages**

Sender: [staplestechinfo=staples.com@cmail19.com](mailto:staplestechinfo=staples.com@cmail19.com)

Subject: What it takes to be truly cyber vigilant in 2021

Date: 1/18/2021 4:02:04 PM

Block Sender Review

If you have not received an **EOP** spam summary message recently and are concerned that an email you are expecting has been flagged, consider logging directly into Office 365 **Quarantine** web interface to check. This process is detailed below.

1. Log in to <https://protection.office.com/quarantine> with your windows username and password.
2. The Office 365 Security & Compliance window will launch. Click on **Threat Management**, then **Review**, then **Quarantine**.
3. Exchange Online Protection will then display a list of flagged messages. You can review the messages and decide whether you want to release them to one or more of the intended recipients. Only do this action for emails you recognize as legitimate.

