



## Microsoft Quarantine - Review and Self-Release

**(quarantine@messaging.microsoft.com)**

Some emails may be held in Microsoft Quarantine. When this happens, you may receive a notification email from **quarantine@messaging.microsoft.com**. You can review and (in many cases) release the message yourself if you are sure, it is legitimate.

quarantine@messaging.microsoft.com

To: Jawad Iqbal

Reply | Reply all | Forward

The logo of Merced College, featuring a stylized tree with yellow leaves inside a blue circle, with the words "COLLEGE" and "MERCED" in blue and gold letters below it.

### Review These Messages

1 messages are being held for you to review as of 1/5/2026 11:42:53 PM (UTC).

Review them within 30 days of the received date by going to the [Quarantine page](#) in the Security Center.

### Prevented phish messages

Sender: amakepeace@saint-bernard.com

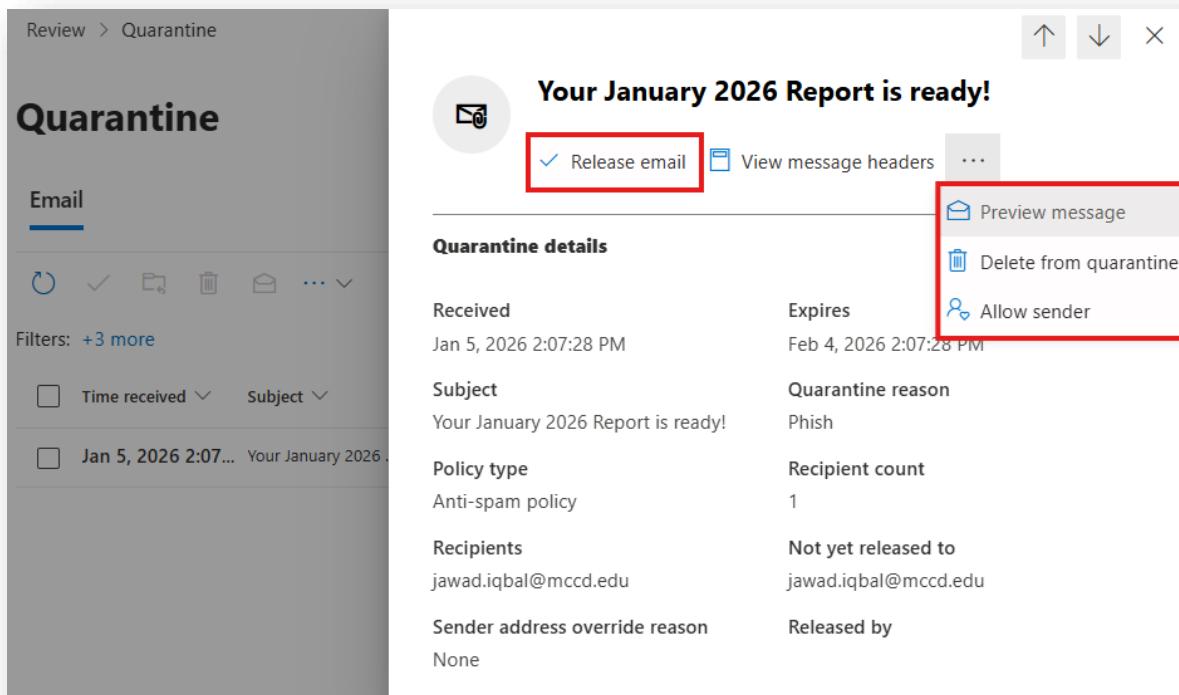
Subject: Your January 2026 Report is ready!

Date: 1/5/2026 10:07:28 PM

[Review Message](#) [Release](#)

## How to Preview and Release a quarantined email

1. Open the notification email from quarantine@messaging.microsoft.com and select Review Message (or the Quarantine link).
2. In the Quarantine portal, select the message you want to review.
  - Release email if you are sure after the preview that this is a legit email
  - Allow sender, if you know and trust the sender.
  - Request Release if self-release is not available



The image shows a split-screen view. On the left, the Microsoft 365 Quarantine portal is displayed. It has a header 'Review > Quarantine' and a main section titled 'Quarantine' with a sub-section 'Email'. Below this are buttons for refresh, search, and various filters, including 'Time received' and 'Subject'. A specific email entry is selected, showing the subject 'Your January 2026 Report is ready!' and the date 'Jan 5, 2026 2:07:28 PM'. On the right, a modal window titled 'Your January 2026 Report is ready!' is open. It contains a 'Release email' button with a checkmark, a 'View message headers' button, and a 'More options' button. A red box highlights the 'Release email' button. A dropdown menu is open next to the 'More options' button, showing three options: 'Preview message', 'Delete from quarantine', and 'Allow sender'. A red box highlights this dropdown menu. The 'Preview message' option is the top item in the list.

**Quarantine details**

Received	Expires
Jan 5, 2026 2:07:28 PM	Feb 4, 2026 2:07:28 PM
Subject	Quarantine reason
Your January 2026 Report is ready!	Phish
Policy type	Recipient count
Anti-spam policy	1
Recipients	Not yet released to
jawad.iqbal@mccd.edu	jawad.iqbal@mccd.edu
Sender address override reason	Released by
None	