Email: Release Messages from Quarantine

1. Open a browser and go to https://security.microsoft.com/quarantine.

2. Sign in with your ODU faculty/staff email address and click **Next**.

3. Enter your MIDAS password, then click **Sign in**.

4. Authenticate with your second factor (Duo).

5. You are now on the **Quarantine** page with a list of any messages that have been quarantined by Microsoft.
Take action on a quarantined email

1. Go to Email & collaboration > Review and select the box that says Quarantine.

![Microsoft 365 Defender Review](https://security.microsoft.com/v3/consumer/securitycenter/securitycenterreview?rid=4885d1d2-1a2-4885-b13-3885a32277)

2. On the Email tab, select each message you want to release to your inbox, then click Release (in the top ribbon). Then click Release message in the window that opens up on the right to confirm.

![Release message to your inbox](https://security.microsoft.com/v3/consumer/securitycenter/securitycenterreview?rid=4885d1d2-1a2-4885-b13-3885a32277)

*Messages are received in UTC time zone, which is 4 hours ahead of EST. (Example: 8:00 a.m. EST is 12:00 PM UTC)*

If you have any questions, contact the ITS Help Desk at itshelp@odu.edu or 757-683-3192.