
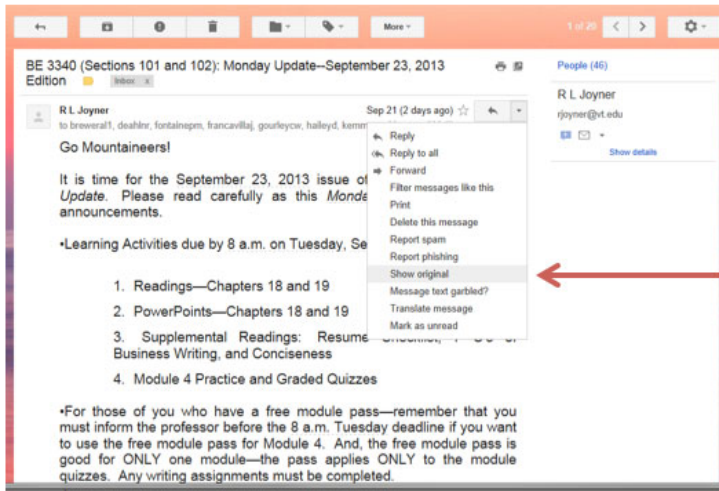


How to Obtain Headers from Email

Below are step-by-step instructions for displaying email header information within several email apps.

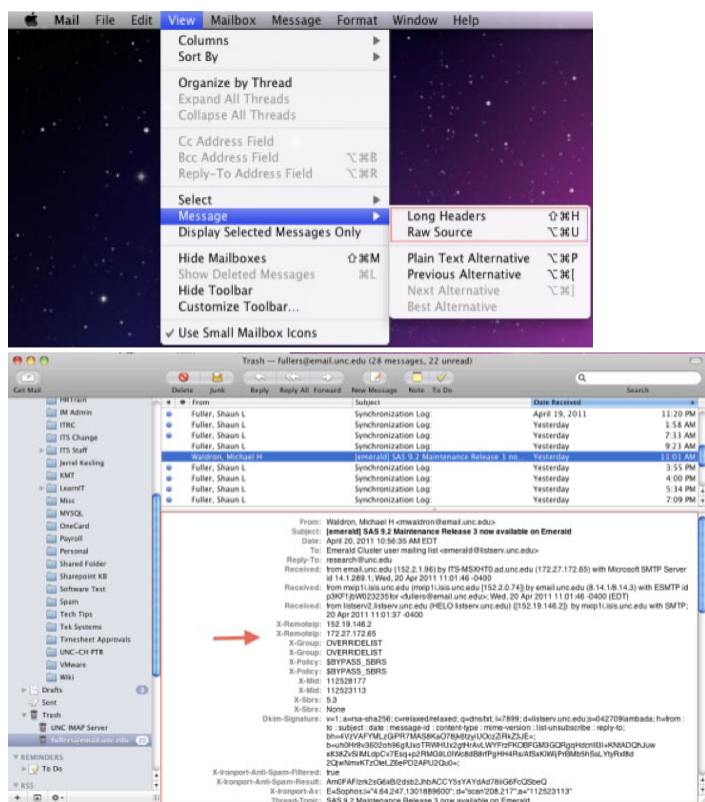
Gmail

1. In Gmail, click on the email you would like to view headers for
2. Click the three-dot  icon next to the "Reply" button.
3. Select "Show Original".



Mac Mail

1. Open the email.
2. Click on the "View" menu on the Menu Bar.
3. Select "Message", then "Long Headers"



Outlook 2011

1. Right-click on the email that you would like to view the headers for (or use Shift +Click)
2. Click "View Source".
3. This will open a text file with the Header Information outlook source code.

Outlook 2010

1. Open the email.
2. Click the "File" Tab.
3. Select "Properties".
4. The information will be listed under the "Internet Headers" section out look properties.

Outlook 2007

1. Right-click the email (or use Shift + Click).
2. Choose "Message" from the menu.
3. The information will be listed under the "Internet Headers" Section outlook message options.

Thunderbird

1. Select the email.
2. Click on "View".
3. Click on "Headers".
4. Click on "All".
5. Click the "Forward" button and all header information will appear at the top of the email.

If you have any questions, feel free to submit a request at support.appstate.edu/help, or call the Help Desk at 828-262-6266.

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