

# 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**.  
Clicking on show original in the settings menu.

## Mac Mail

1. Open the email.
2. Click on the **View** menu on the Menu Bar.
3. Select **Message**, then **Long Headers**.  
Selecting Long Heading from the Message drop-down in the View menu.

## 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.

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