isitphish.ai

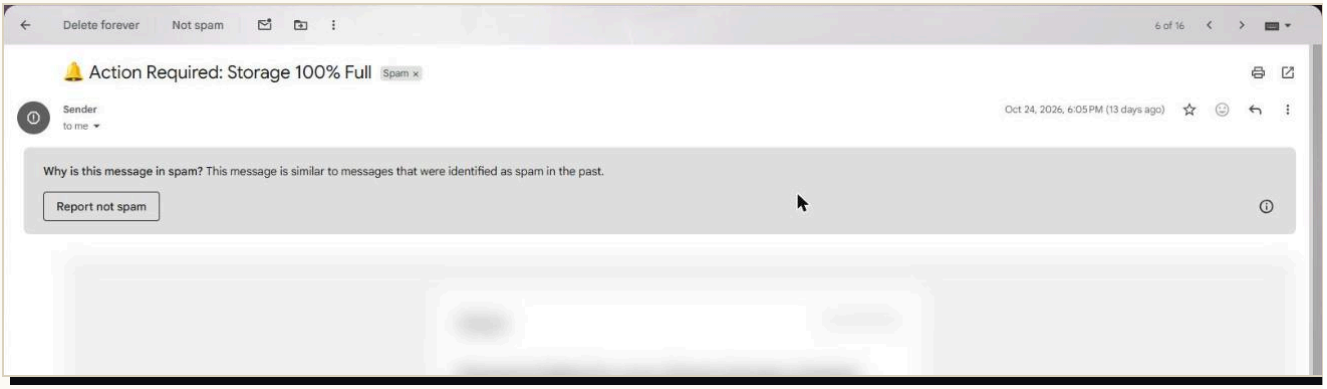
GUIDE

HOW TO SAVE AN EMAIL FROM GMAIL AS A FILE

Save one email to your computer so you can check it on isitphish.ai.

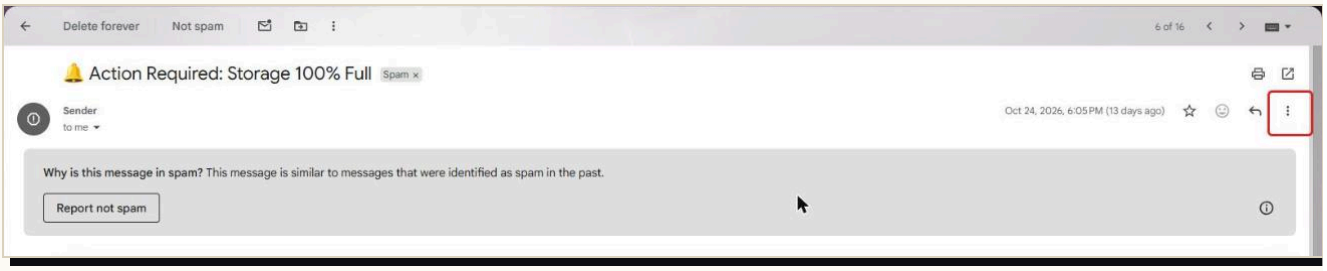
Use Gmail in a web browser on your computer.

1. Open the email you want to check.



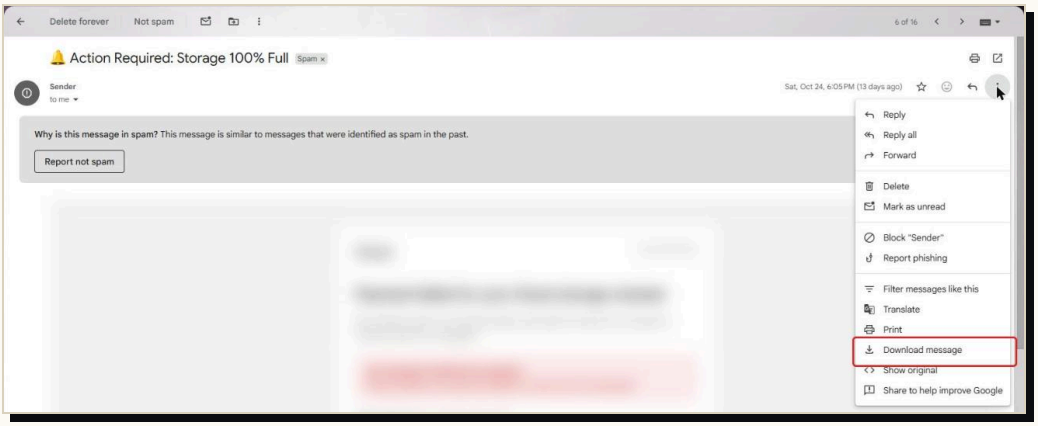
The email open in Gmail

2. Click the three dots at the right of the email, next to the reply arrow.



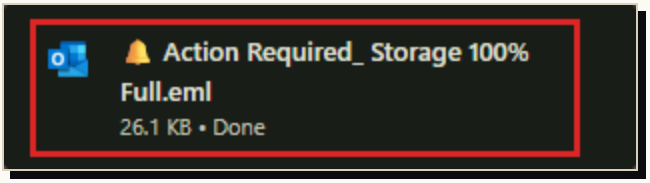
The three dots next to the reply arrow

3. Click **Download message**.



Download message in the menu

4 Look for the saved file in your Downloads folder. It ends in .eml and is named after the email's subject.



The saved .eml file in the browser's download list

> Saving a suspicious email as a file does not open it or anything inside it. Don't open or preview the saved file: upload it straight to isitphish.

5 Go to isitphish.ai/check and attach the file you saved.

LAST STEP: DELETE THE SAVED FILE

After isitphish shows your result, delete the saved email file and empty your Recycle Bin (Mac: Trash), so nobody opens it by accident later.

- Windows: right-click the file > Delete, then right-click Recycle Bin on the desktop > Empty Recycle Bin.
- Mac: drag the file to the Trash, then in Finder choose Finder > Empty Trash.

isitphish is a product of The Cyber Friend.
Automated checks and AI can make mistakes. Call the sender to confirm.