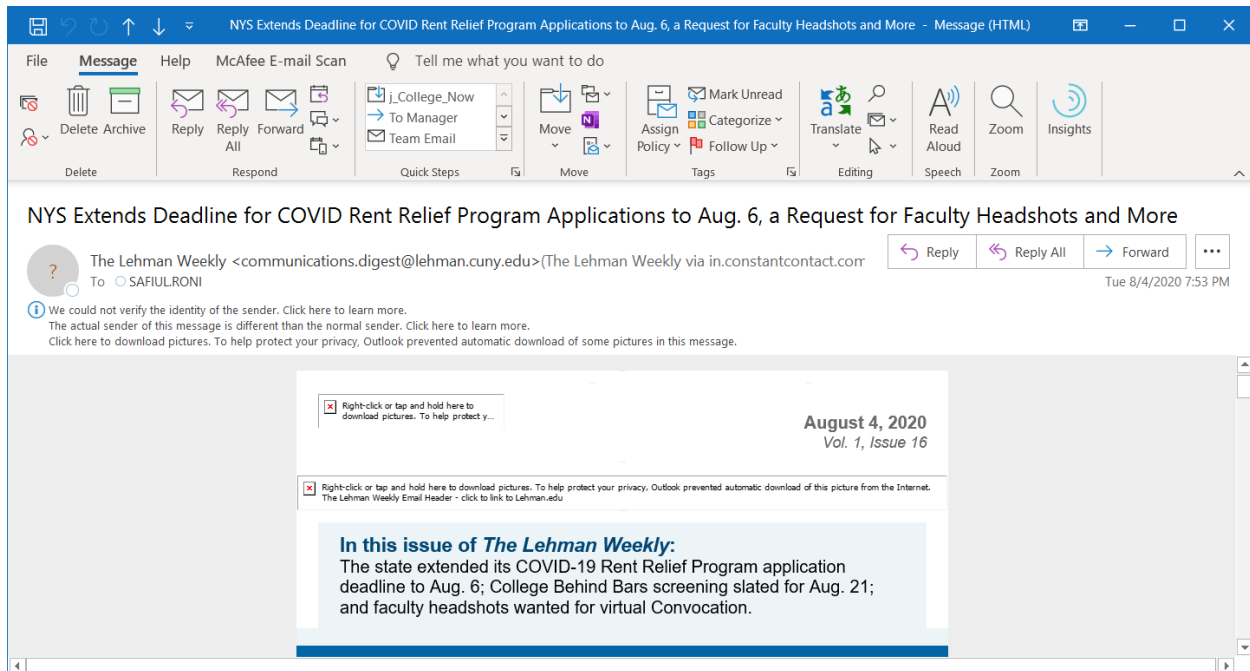


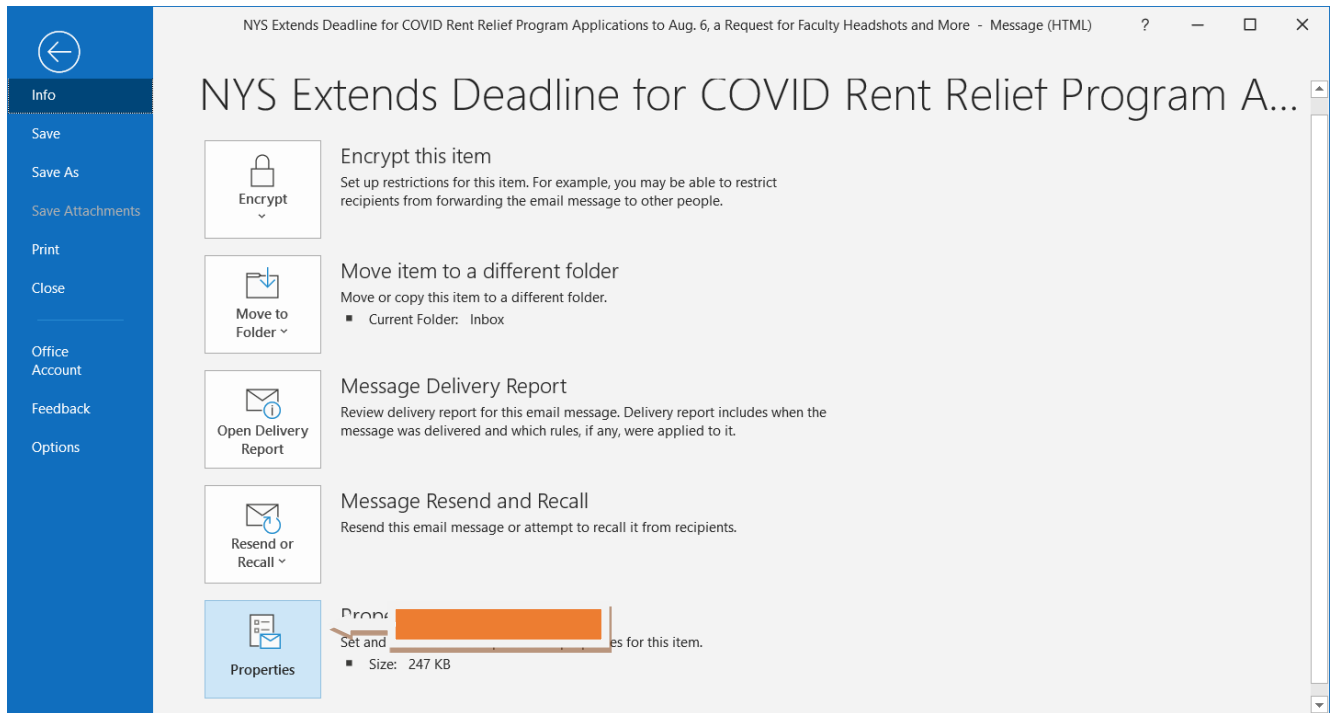


## How to get Internet Header from an email

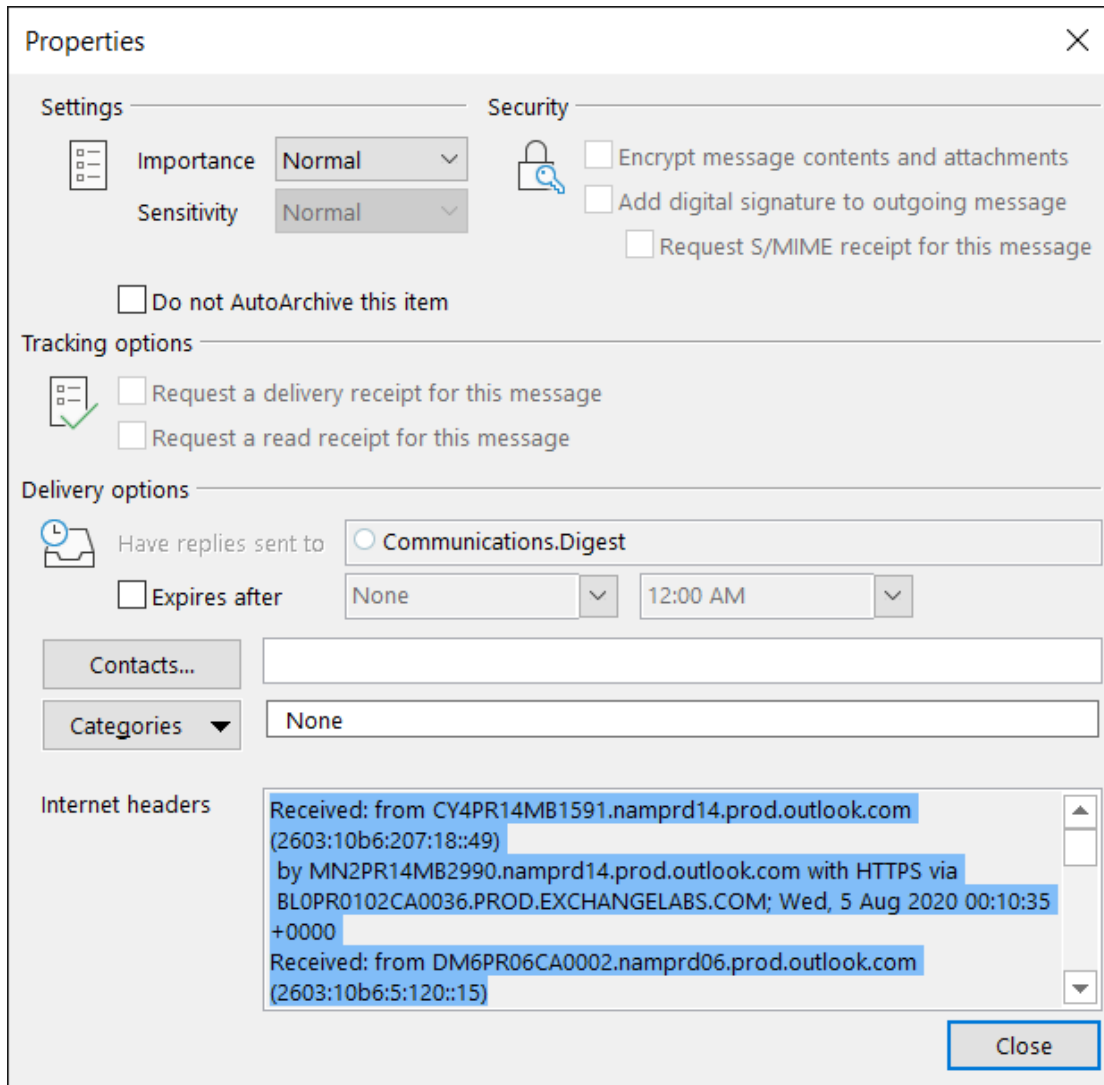
**STEP 1:** Open the email message that you want to get the header of as shown below.



**STEP 2:** Click on **file** and then click on **Properties**.



**STEP 3:** You can highlight and copy the header as shown below.



NOTE: Please contact the IT Center Help Desk (Carman Hall 108 or (718) 960-1111 or [help.desk@Lehman.cuny.edu](mailto:help.desk@Lehman.cuny.edu) if further assistance is needed.