

Microsoft 365 Email Protection Basics

Start secure

Select a [Standard or Strict preset policy](#) for optimal email security settings recommended by Microsoft. For your identities, [enforce Multi-Factor Authentication](#).

Verify senders

Learn and deploy industry [authentication](#) standards – SPF, DKIM, DMARC – to improve your email security and deliverability.

Use Quarantine

Use [Quarantine](#) to keep the dangerous items such as malware or phishing out of your mailboxes and [notify users about less risky items](#).

Respond quickly

Time matters during security events. Always assume breach and know how to respond and [recover from compromise](#).

Diagnose issues

Solve common email protection, authentication and delivery issues - [analyze email headers](#) or use an [Outlook add-in](#).

Know the limits

Avoid any surprise blocks by staying within service limits. Microsoft 365 applies different [limits](#) for messages: sending, receiving, size, and more.

Report spam

Empower admins and users to [report spam, phishing, and non-spam](#) to increase filtering accuracy and manage allow and block lists efficiently.

View reports

[Email security reports](#) contain information on how your policies protect your organization. View and download reports to keep up with the latest trends.

Protect more

[Microsoft Defender for Office 365](#) complements Exchange Online Protection with Safe Links, Safe Attachments, Attack Simulation Training, Automated Response and more. [Try MDO](#).

Keep learning

Bookmark the documentation at [learn.microsoft.com](#) for the complete Security Operations guidance and visit the [blog](#) for news and updates.



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