Once you log on, choose My Quarantine.

Review all of the messages in your Quarantine. If you wish to review one without harming your computer, you can click on the Subject.

If you have forgotten your password, simply follow the links from the Emailed Quarantine Report and request a new password.
Once you click on the Subject from the previous slide, the message will be displayed.

Do not click on any links, etc., unless you are positive they are safe. Since the message is in Quarantine, it is very likely the message and any links are harmful.

If, after review, you decide to release the message, simply place a checkbox in the small square and then click the button depending on what you would like to do.

Release will just release the Email one time. Release & Whitelist will release the Email and allow any and all messages from that particular domain to pass through the spam filter and go directly to your in box.
Please note that if the line is highlighted in purple, as below, there is a very good chance the message contains a virus. We would not recommend releasing a virus under any circumstances.

Once you are done reviewing your Quarantined messages, it is a good idea to Delete All as message will remain in your Quarantine until they expire. Once deleted Quarantined messages cannot be recovered, so please use caution when deleting messages.