How to Export and Upload Emails to Avast FTP

Prerequisites

Temporarily disable antivirus protection.
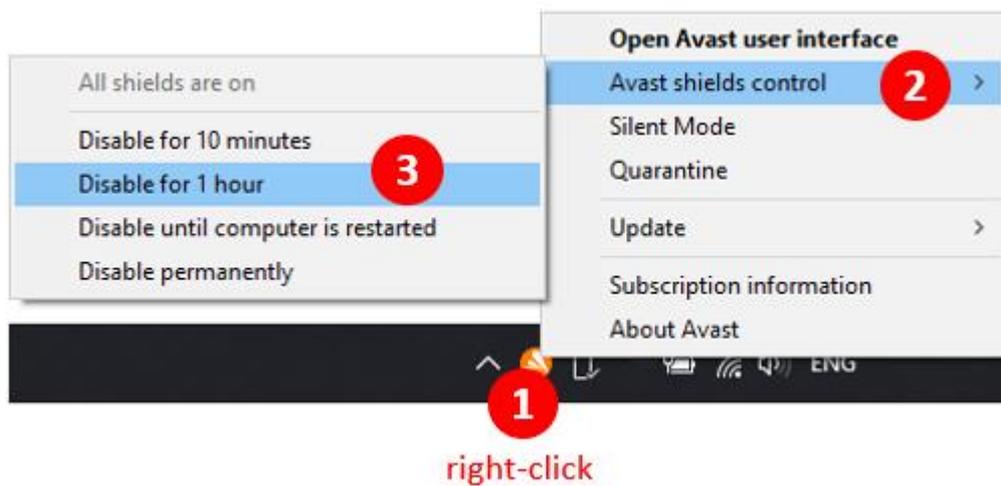
! If you follow this manual, there is no danger when the protection is switched off !

It is necessary to temporarily disable your antivirus protection, because you will export malicious emails, and Avast could block this operation. However, mail exporting is safe, even with disabled antivirus.

Email Exporting

Outlook

Instructions on how to export emails to a file from Microsoft Outlook can be found in this link.

Thunderbird

Instructions on how to export emails to a file from Mozilla Thunderbird can be found in Method 1 of this link.

Other

If you use a different email client, try to Google the exporting instruction, or contact your IT department.

Create ZIP file and Upload to Avast FTP

Move all exported emails that you want to share with us to one folder named, e.g., *"emotet_mails"*

Follow the instructions for Compressing and Uploading files to the Avast FTP server.

Finally

Do not forget to turn your antivirus protection back on!