

February 2026 – How to Check the Real Email Address A Message Has Come From

Spammers will try every trick that they can think of to steal your personal information, including “borrowing” legitimate-looking email addresses to cover up the actual address the scamming email comes from. Fortunately, many email programs have built-in defenses to address this.

If an email from a trusted source seems suspicious, it's always best to **check the full sending address**, not just the display name. This is a great way to keep your devices from getting infected with malware.

If your email app doesn't **show the full address next to the sender's name**, either **click or tap on the sender's name**. For example, an email I received at first glance showed this as the sender:

WarbyParker.com

However, the real address which was displayed next to “WarbyParker.com” was this:

<fitframespot@cachelological.com>

Clearly this email was from someone who is hoping to steal my credit card details!

Fortunately, my email service correctly placed this one in my Junk folder