

IOS phone

Step one: Take the Selfie

1. Open the **Camera** app on your iPhone.
2. Tap the **Camera Flip** icon (two curved arrows forming a circle) in the bottom-right corner to switch to the front-facing selfie lens.
3. Look at the camera lens and press the round, white **Shutter** button at the bottom of the screen (or press either volume button) to take your picture.

Step two: Share it via Email

1. Tap the **Photo Thumbnail** preview in the bottom-left corner of the camera screen to view your selfie.
2. Tap the **Share** icon (a square with an arrow pointing up) located in the bottom-left corner. 
3. Select **Mail** from the row of app icons. A new email draft will open with your selfie already attached.
4. Type the recipient's email address in the **To** field.
5. Tap the **Send** button (the blue upward arrow) in the top-right corner. 
6. *Optional:* If prompted, select a file size (such as **Actual Size** or **Large**) to determine how large the image file will be