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How to restore your data with JetBackup

Backups & Migration

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Interweb Mozambique
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https://www.meu.interweb.co.mz/knowledgebase/80

How to restore your data with JetBackup

Backups & Migration Created on **August 14, 2026** Updated on **October 4, 2026** 2 min read



Every account here is backed up automatically, once a day, in the early hours of the morning - the last **30 daily backups** are kept, so you can roll back to any point in the last month yourself, without waiting on **support**.

Restoring a backup

1. Log in to cPanel and open **JetBackup 5** (search "JetBackup" in the top search box if you don't see the icon).
2. On the JetBackup home screen, you'll see a list of available backup dates - up to 30, one per day.
3. Pick the date you want to restore from, then choose what to restore: **Full Account**, **Home Directory** (files), **MySQL Databases**, **Email Accounts**, or **Email Filters** - restore only what you actually need.
4. Confirm the restore. JetBackup queues it and runs it in the background - you can watch progress under the **Queue** section, and you'll be notified once it's done.

Restoring overwrites current data with the older backup.
Anything created or changed in that specific area since the backup date will be lost. Restoring just one database instead of the Full Account, when that's all you need, avoids losing unrelated recent work elsewhere on the site.

Only need one file, not a full restore?
You can also browse into a backup and download individual files instead of restoring the whole directory.

Looking for a backup from a service that was suspended or terminated, past the 30-day window? See **how to reactivate a suspended or terminated plan**.

NEED A HAND?

Not sure which restore point you need? Tell us what happened and we'll help.

Open a support ticket →

SEE ALSO

- How to add another domain or a subdomain →
- First steps as a reseller (WHM) →
- How to install WordPress in a few clicks →
- Need hosting? See the plans. →

WEB HOSTING

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See hosting plans →

Free migration of your current site · no lock-in

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OPENING HOURS	Monday to Friday - 08 AM to 04 PM Saturday & Sunday - Closed

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