Back Up and Download a MySQL Database

Databases · https://support.jansma.vip/docs/vip-hosting/databases/back-up-and-download-a-mysql-database/

A current database backup protects your website or application before updates, migrations and major content changes. Jansma VIP recommends keeping independent copies outside the live hosting environment and testing that important backups can be restored.

Create a backup in phpMyAdmin

1. Open the database section of your Jansma VIP Hosting control panel and launch phpMyAdmin.
2. Select the correct database in the left-hand menu.
3. Choose **Export**, then use the quick method for a complete standard backup or the custom method when you need selected tables or compression.
4. Select SQL as the format and start the export.
5. Save the downloaded file in a secure, clearly dated location.

Check and store the backup

Confirm that the downloaded file is not empty and contains SQL statements or a valid compressed archive. Use a name that includes the domain, database and date. Keep more than one recovery point and store at least one copy separately from the hosting account.

For large databases

Browser exports can time out when a database is large. In that situation, use a command-line export over SSH or divide the export into smaller groups of tables. Avoid making major changes while the export is running so that related data remains consistent.

Database exports can contain personal data and credentials stored by applications. Treat every backup as confidential, restrict access and remove outdated copies according to your retention policy.