

## Backup Types Considerations and Recommendations

<https://campus.barracuda.com/doc/86545712/>

This chapter provides an overview for each backup type with recommendations and general considerations. The backup types include:

- [Files and folders backups](#)
- [Physical imaging Standard and Physical imaging Rapid Recovery backups](#)
- [VMware Standard and VMware QuickSpin backups](#)
- [Hyper-V Standard and Hyper-V Rapid Recovery backups](#)
- [Exchange Information Store backup](#)
- [Exchange Mailbox Level backup](#)
- [SQL backup](#)
- [System State backup](#)

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