

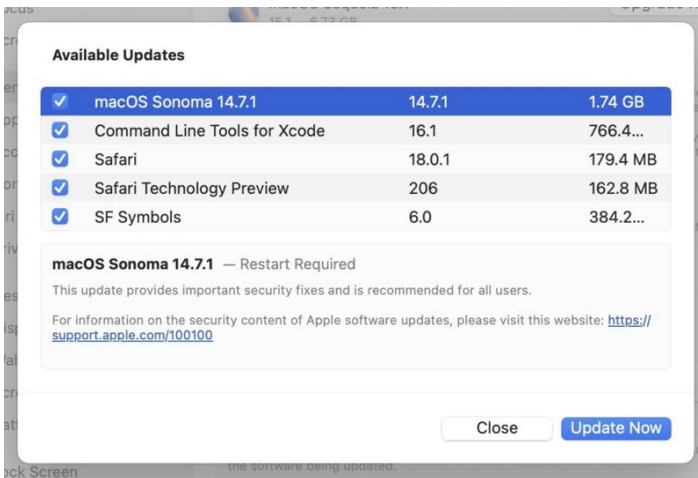



Apple has released macOS Sonoma 14.7.5 and macOS Ventura 13.7.5 as security updates for Mac users running Sonoma and Ventura operating systems. These updates are security patch focused and do not include new features that are otherwise available in the latest [macOS Sequoia 15.4 update](#) that was released simultaneously.

Separately, you'll find software updates available for both newer and older model iPhone and iPad, along with updates for Apple TV, Apple Watch, and Apple Vision Pro.

How to Download & Install macOS Sonoma 14.7.5 Update or macOS Ventura 13.7.5

Before starting a software update be sure to [backup your Mac with Time Machine](#).



1. From the Apple  menu, go to "System Settings"
2. Select "General" and then choose "Software Update"
3. Ignore the Sequoia banner and you should see an "Also available" section where you can click on the microscopic text button that says "More Info..."
4. Check that macOS Sonoma 14.7.5 or macOS Ventura 13.7.5 is selected and then choose to "Update Now"

You must reboot the Mac to finish installation.

Direct Downloads for macOS Sonoma 14.7.5 & macOS Ventura 13.7.5 Package Installers

- [macOS Sonoma 14.7.5 InstallAssistant.pkg](#)
- [macOS Ventura 13.7.5 InstallAssistant.pkg](#)

MacOS Sonoma 14.7.5 Release Notes & MacOS Ventura 13.7.5 Release Notes

Release notes are short:

This update provides important security fixes and is recommended for all users.

For information on the security content of Apple software updates, please visit this website: <https://support.apple.com/kb/HT201222>

These updates are not expected to include any new features or changes, but if you notice anything different, or have a noteworthy installation experience, be sure to share that in the comments below.