

Summary

Apple released MacOS Sequoia 15.7 and MacOS Sonoma 14.8 updates for users not ready to upgrade to MacOS Tahoe 26. These updates include security patches and new features, such as new emoji icons in Sequoia 15.7. Users can download and install these updates through System Settings, avoiding the Tahoe 26 upgrade.

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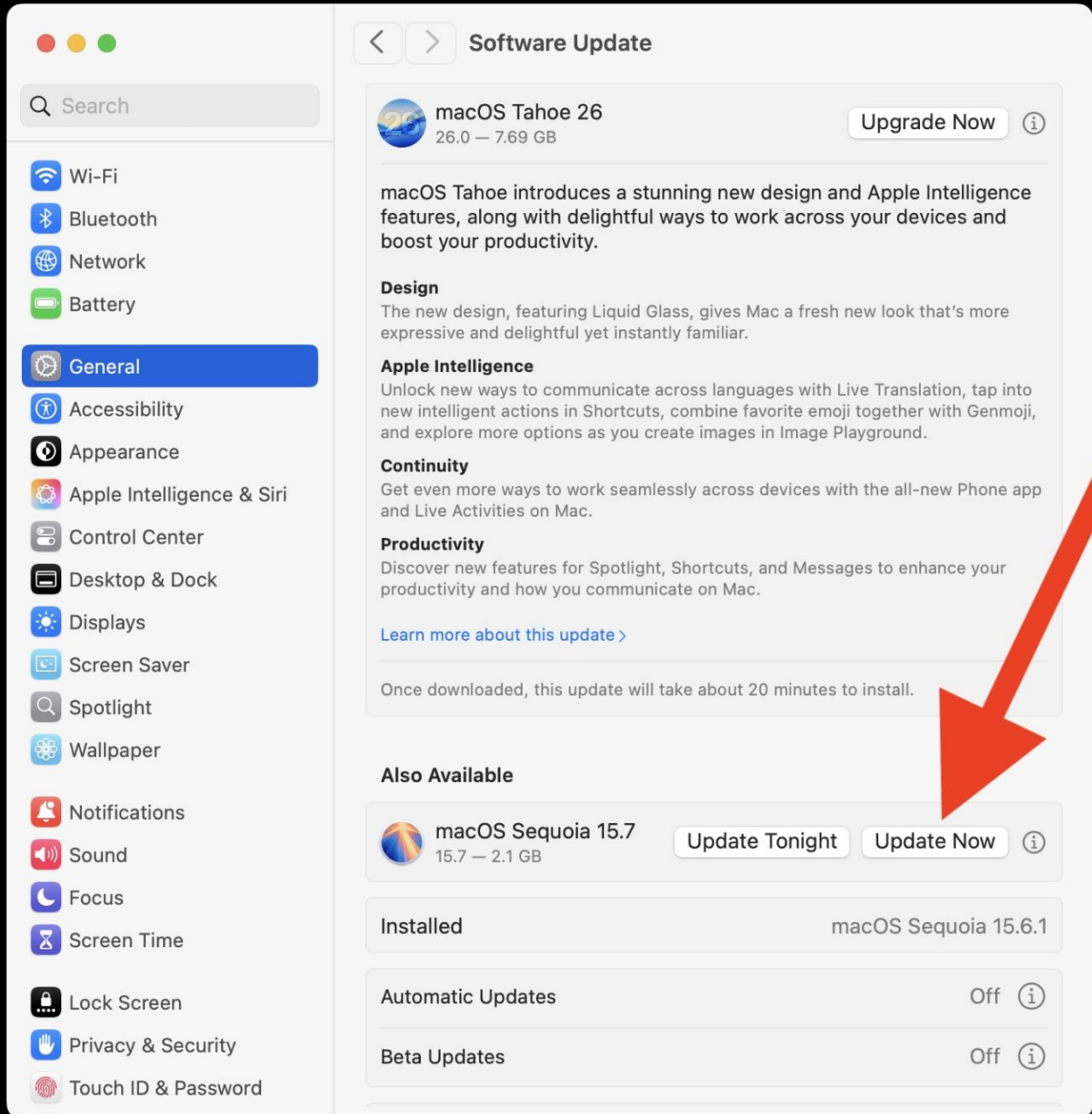
Apple has released MacOS Sequoia 15.7 and MacOS Sonoma 14.8 for Mac users who are not yet interested in [upgrading to MacOS Tahoe 26](#). While MacOS Tahoe 26 is generating the majority of attention for Mac users at the moment, a significant number of people will continue to use the MacOS Sequoia and Sonoma releases for various reasons, and Apple will continue to issue software updates and security updates to these versions for a while.

MacOS Sequoia 15.7 includes some new emoji icons along with security updates, and MacOS Sonoma 14.8 includes security updates and patches but no new emoji.

How to Download & Install MacOS Sequoia 15.7 / MacOS Sonoma 14.8 Update

[Backup your Mac with Time Machine](#) before starting any software update. If you're looking to avoid the [MacOS Tahoe 26 update](#) for now, you need to specifically choose to update your existing MacOS version instead by doing the following:

1. From the **Apple** menu go to "System Settings"
2. Go to "General" and then go to "Software Update"
3. Ignore the splashy banner for Tahoe 26, and look further down in the control panel for the "Also Available" section to see "MacOS Sequoia 15.7" or "MacOS Sonoma 14.8" available as updates
4. Choose to "Update Now" for MacOS Sequoia 15.7 or MacOS Sonoma 14.8 to download and install that update on your Mac



MacOS Sequoia 15.7 is bundled with Safari 26.

Be sure to avoid the “Upgrade Now” button next to the Tahoe 26 promotion, otherwise you’ll be installing Tahoe onto your Mac instead of Sonoma or Sequoia updates.

Your Mac will restart as usual when installing these updates.

Direct Download Links for MacOS Sequoia 15.7 and Sonoma 14.8 Installers

Installer package files for MacOS Sequoia 15.7 and Sonoma 14.8 are available:

- [MacOS Sequoia 15.7 InstallAssistant.pkg](#)
- [MacOS Sonoma 14.8 InstallAssistant.pkg](#)

MacOS Sequoia 15.7 Release Notes

Release notes with Sequoia 15.7 are as follows:

This update introduces 8 new emojis, the ability to create Memory movies in Photos with Apple Intelligence, a new Sketch Style option in Image Playground, Mail Categorization, and enhancements to better organize and filter your library in Photos. This release also includes other features, bug fixes, and security updates for your Mac.

For information on the security content of Apple software updates, please visit: <https://support.apple.com/100100>

Release notes for Sonoma 14.8 mention security updates.

Aside from the major releases of MacOS Tahoe 26, iOS 26, watchOS 26, iPadOS 26, and tvOS 26, you will also find updates available for iPhone and iPad as iOS 18.7 and iPadOS 18.7, along with security updates for older iPhone and iPad devices too. Check out all of your devices and keep them up to date, because this is the full list of freshly released system software updates for Apple, sixteen releases in total: [iOS 26](#), [iPadOS 26](#), [MacOS Tahoe 26](#), watchOS 26, tvOS 26, homePod updates, AirPods updates, iOS 18.7, iPadOS 18.7, iOS 15.8.5 and iPadOS 15.8.5, iOS 16.7.12 and iPadOS 16.7.12, MacOS Sequoia 15.7 with Safari 26, MacOS Sonoma 14.8 with Safari 26, and visionOS 26