

# How do I create an Instagram account?

## **To create an Instagram account from the app:**

1. Download the Instagram app from the [App Store](#) (iPhone) or [Google Play Store](#) (Android).

2. Once the app is installed, tap  to open it.

3. Tap **Sign Up With Email or Phone Number** (Android) or **Create New Account** (iPhone), then enter your email address or phone number (which will require a confirmation code) and tap **Next**. You can also tap **Log in with Facebook** to sign up with your Facebook account.

4. If you register with your email or phone number, create a [username](#) and password, fill out your profile info and then tap **Next**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

## **To create an Instagram account from a computer:**

1. Go to [instagram.com](https://www.instagram.com).

2. Click **Sign up**, enter your email address, create a [username](#) and password or click **Log in with Facebook** to sign up with your Facebook account.

3. If you register with an email, click **Sign up**. If you register with Facebook, you'll be prompted to log into your Facebook account if you're currently logged out.

If you sign up with email, make sure you enter your email address correctly and choose an email address that only you can access. If you log out and forget your password, you'll need to be able to access your email to get back into your Instagram account.