

**Subject:** Instagram user notification

**Preview text:** Details about a security incident that may have affected your account.



June 12, 2026

## USER NOTICE

### Notice of security incident

At Meta, we take the protection and security of personal information seriously. We're contacting you directly to explain the circumstances of an incident that may have resulted in unauthorized access to your Instagram account.

### What happened?

Following an investigation, Meta determined that between April 17, 2026, and May 31, 2026, a bug in our account recovery system may have enabled an unauthorized party to initiate a password reset and access your Instagram account. We have secured impacted accounts and fixed the bug.

If your Instagram account is connected to Facebook or Threads, the unauthorized party may have also had access to those other accounts. You'll know if any connected accounts were affected because emails were sent to secure your Facebook account, and in-app notifications for Threads to verify your identity. If you haven't received an email or notification, then your connected accounts weren't affected.

### What information was involved?

The unauthorized party may have accessed information available on your Instagram account, which could have included:

- Your contact information (email address and/or phone number)
- Date of birth
- Posts, photos, videos, and stories
- Direct messages
- Profile information
- Account activity
- Information available in any connected accounts if they were also accessed

### What are we doing?

The privacy and security of your personal data is important to us. We've taken the following steps to protect your account:

- Turned off the tool the unauthorized party used and canceled any unused password links that were created through it for your account.
- Secured any affected accounts and required a new password reset to prevent any continued unauthorized access.
- Fixed the bug that allowed this incident to occur.

### What you can do

We recommend that you take the following steps:

- **Verify and secure your Instagram account:** If you haven't already, please complete the required steps in the Instagram app to verify your account and reset your password. Choose a strong, unique password that you don't use on other services.
- **Verify and secure any connected accounts:** If your Facebook or Threads account is connected, log in to each app and complete any security checkpoints. Reset your password on those accounts as well.
- **Enable two-factor authentication:** If you haven't already, we strongly recommend that you enable [two-factor authentication](#) on Instagram and any connected accounts.
- **Review your account activity:** Check your [login activity](#) and any recent changes to your account settings, including email addresses and phone numbers.
- **Monitor for suspicious activity:** Be alert to any unusual emails, messages, or login attempts.
- **Be cautious of phishing:** Don't click on links in suspicious emails or messages claiming to be from Instagram or Meta.

### For more information

At Meta, we understand the vital importance of protecting personal information. We're sorry for any concern this incident may have caused. If you have any questions or need further assistance, please contact us at [incidentsupport@meta.com](mailto:incidentsupport@meta.com).

Brad Staley  
Director & Associate General Counsel  
Incident Response - Legal

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To help keep your account secure, please don't forward this email.

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